Chichester Herald

Friday 15th March 2013
YOUR FREE WEEKLY NEWSPAPER

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Planning the way forward

>> *Local residents encouraged to have their say on Local Plan*

Dean Adams
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LOCAL residents in the Chichester District, who live outside of the South Downs National Park, are being encouraged to have their say on the draft Local Plan.

Chichester District Council's Local Plan will shape how the district develops (except those areas that fall within the South Downs National Park) over the next 15 years. The South Downs National Park Authority will create its own Local Plan for the rest of the district that falls within its boundaries.

The council has created the draft plan based on research and feedback gathered over the past few years. It is now encouraging local residents to get involved and put forward their views between Friday 22 March and Friday 3 May 2013.

"The Local Plan is one of the most important documents for our district as it describes how our communities will appear over the next 15 years (except those in the South Downs National Park)," says Cllr Heather Couri, Leader of Chichester District Council.

"People often think that the Local Plan is just about housing – but it's not. It's about protecting the character and beauty of the district; providing job and housing opportunities so that our children can continue to live and work locally, supporting and helping to boost the local economy, and making sure that we have adequate services, travel options and community facilities.

> "We welcome the views of local residents and would like to encourage them to get involved in this process"

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Local News

Crufts launch for Chichester Sergeant's charity fund-raiser



A CHICHESTER Police officer who came up with the idea of a fund-raising fitness campaign to provide assistant dogs to injured and disabled men and women from the armed forces and emergency services, launched the idea at Crufts last weekend.

Sergeant Garry Butterill, who works on the neighbourhood response team at Chichester, dressed up the 'Fit in Kit' campaign in aid of the Hounds for Heroes charity while running one of several gym sessions for police officers.

He said: "It occurred to me that a lot of people using gyms did so purely individually and for fitness and while there's absolutely nothing wrong with that, I thought that they might well be interested in it choosing their efforts towards a very good cause.

"Colleagues in the police and other emergency services took the idea on board and because of the uniform link, 'Fit in Kit' was born. It's a fitness challenge that will take place in June and anyone in work wear, uniform or even team strip can take part. There are four different levels of challenge so just about anyone can take part in stations, barracks, ships, schools, youth clubs, sports clubs and other places.

"Please visit our website at www.fitinkit.com for all the information and to sign up."

The Hounds for Heroes charity provides specially trained assistance dogs to injured and disabled men and women from the UK armed forces and civilian emergency services.

The 'Fit in Kit' campaign launched on Saturday (March 9) at the NEC in Birmingham where up to 140,000 visitors and more than 25,000 dogs turned up for the international show, recognised as the largest of its kind in the world.

Joining Garry at the launch will be Hounds for Heroes founder Alleo Farton, a former chief petty officer in the Royal Navy, who suffered a serious head injury in the Gulf War in 1991 and whose life afterwards was transformed when he was provided with an assistance dog.

Three Stars and Praise for West Sussex County Council Website

WEST Sussex County Council's website has been awarded a three star rating with several aspects winning particular praise in the annual Better Connected survey run by SOCITM – the Society of Information Technology Management.

www.westsussex.gov.uk also came close to gaining the top four star rating, failing on just one of the criteria laid down by the experts who looked at what the website had to offer.

The website's previous rating was two stars.

The areas singled out in the new report included the calendar systems for council meetings and agendas with SOCITM saying the website offered a clear calendar view of meetings with papers rapidly accessible and easy to view.

The recently launched Love West Sussex pages for residents to report road faults such as potholes, was described as "really easy to use".

The report's author said: "It was easy to locate the problem on a map by entering the town, street name or postcode. I then had the option to upload a photo from my camera or take a pic on the spot. It was all very easy."

Snow causes chaos



SUSSEX POLICE this week attended more than 300 collisions across the county within a 24 hour period.

No-one suffered any life threatening injuries, but officers were called out to many incidents across the area as people struggled with the sudden impact of snow.

Chief Inspector Phil Nicholas from the Road Policing Unit said: "The conditions meant there was a significant demand on our resources last night (Monday) and we were stretched to capacity.

"Today (Tuesday) is going to be about helping recover vehicles as many people fell asleep in their cars or abandoned them so even when the roads did become clearer they were still blocked by many vehicles.

"We will be assisting the Highways and other partner agencies to recover these vehicles. Although the conditions have improved slightly, we are asking people to not make any journeys unless they are essential."

The A29 at Bury and the areas around Goodwood and Duncton were particularly affected by the snow and stranded vehicles.

Let us know what you think
@chiherald

Anorak Corner

Did you know? A taster of Chichester facts and figures...

To ease the flow of traffic into Chichester, West [illegible] North and South gates were demolished in 1773. Eastgate was demolished in 1783.

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Tweets of the Week!

All tweets are from Chichester people or about the area
(Some tweets may contain errors)

@Im_AmyM
"Well done @BarclaysOnline on having witty and charming staff in your #chichester branch. Great customer service!"

@NotoriusAndWild
"My work made me give out leaflets around chichester all day, hasn't been good"

@nexus_7
"@JLcustserv suffering the worst customer service I have ever received from your Chichester store. You'll be receiving a written complaint"

@BryonyRose
"So proud of my girl @karengemma going to her Chichester university interview! I'm sure you're in!!!"

@T_Foot
"Come down and support at #Chichester @HomeSense_UK #RND"

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Have you ever been so pathetic?



Tommy Boyd

THIS WEEK'S JOKE
Is an eight on the Boyd scale of funny/impenetrable. Please email me if you don't get it, as it's an absolute classic

CHICHESTER CAR PARKS
The bays are not big enough. On Wednesday I measured the space my car was squeezed into at the Northgate Car Park, the one up by the Theatre. It was exactly seven and three quarters of one of my feet, which are size eight. I did it using that heel-toe measuring thing. A 4x4 next to me was six and a half of my feet wide, allowing a paltry .625 of one of my feet either side.

WASTE
"Regarde L'eau!" They used to shout before chucking the contents of last night's chamber pot out of an upstairs window. How we shudder at their grubby ways. How they'll shudder in years to come at our millions of tons of waste being chucked into landfill.

POTTY
I guess the potty – also known as the G'zunder (because it "goes under" the bed) is no more, except for training children and in hospital, but they did help you get a good night's sleep, you are more likely to nod off again if you don't have to trudge to the bathroom.

WASTING TIME
Yes, it was a waste of time measuring my car park space. But I had nearly an hour left on my ticket, not quite long enough to offer it to someone else. By the way, is that legal? Chris Huhne and all that?

BIG WASTE OF TIME
I lived in West London years ago, where parking was impossible. One day, driving through the High Street, I saw a plum day lying empty, and slewed into it. I did not need it, did not want to park up at all, was on my way somewhere else at the time. But I'd always wanted to park in the High Street, and this was my chance. Have you ever been so pathetic?

NEW POPE
Will the fact he's Argentine impact on the Falklands thing? How many of the 2,000 who live there are RC? Who is more important to them, Queen or God? Aha!

GUNS
Watching the American debate on gun rights, what with some US schools now advocating arming teachers, I wonder if I'm right in thinking there's probably more guns per head around Chichester than anywhere else in the UK? Yet the Armoury in East St, next to the music shop, always seems quiet when I have a nose in the window.

DUCK CALLS
I went into the Armoury once to buy a duck call, for a prank on a friend's birthday. They sold me a... one of them, a beauty, you tucked it into your trousers and it made a duck quack whenever you took a pace forward.

JOKE
A woman buys a large G'zunder from the hardware shop. Then she goes to the butchers. "Yes madam?" The butcher says. She plonks the giant potty down on the counter and says "A pound of fillet." The butcher looks at the potty and says "A pound you don't."

Let us know what you think
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Distribution locations include: Tesco, Sainsbury's Waitrose, Iceland, Chichester bus station, Chichester train station, Westgate Leisure Centre, Nuffield Fitness & Wellbeing, Chiworld, newsagents, One Stop, Chichester College plus **314 newspaper stands** in the area. Chichester Herald is also in all coffee shops. We also distribute at least one newspaper to the majority of businesses in your area including industrial estates and the outskirts of the city.

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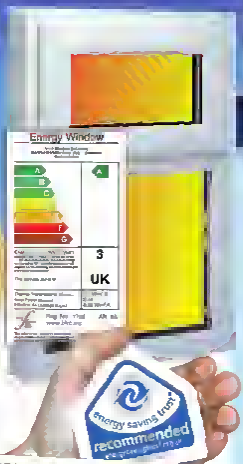


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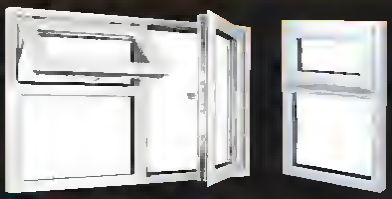
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Teenager tricked into letting man into her Bognor home

POLICE are appealing for witnesses after a woman let a man into her Bognor Regis home. He claimed to be from a Solar Installation Company.

The suspect knocked on the victim's door at around 2pm on Monday, 4 March. Luckily the teenager had the foresight to remain with the suspect as he surveyed the property, leaving him only briefly to get her mobile phone.

At this time she contacted a relative who confirmed no arrangement had been made for solar panels to be fitted. The suspect was asked to leave and he did.

When inside the house in North Bersted Street, Bognor Regis, it would appear he had locked in a drawer and removed an old wallet. Thankfully this was empty and as such was discarded on the bed.

Detective Constable Della Squires of West Sussex CID said: "The suspect had conned his way into home under the pretence that he was working for a legitimate company.

"I would appeal to anyone who was in the area and saw or heard any suspicious activity to please get in touch by calling 101 quoting serial 1495 4/3 or alternatively leave an anonymous message with the independent charity Crimestoppers on 0800 555 111."

The suspect is described as a white, aged 50-60 years, around 5' 8", of a large build, with a protruding stomach. This male had white hair along with a white beard and was well spoken.

The suspect was seen driving a silver-coloured vehicle with the registration LV51MFK, and carried ladders on its roof.

DC Squires said: "Please do not let anyone into your home unless you are certain that they are who they say they are. If in doubt keep them out. Genuine employees of facility companies will be happy to wait whilst you call the company. The elderly are particularly vulnerable when it comes to this type of crime."

Appeal for witnesses to collision

POLICE are appealing for witnesses to a serious collision between a car and a bicycle on Wednesday March 6.

The collision, which involved a Peugeot 306, happened on Aldwick Road in Bognor Regis at around 12.50pm.

The cyclist, a 49-year-old woman from Bognor Regis, was taken to Southampton Hospital by air ambulance with serious injuries, where she remains today, in a critical but stable condition.

The driver of the car was not injured.

Anyone who saw what happened is asked to contact police on 101 quoting Operation Addingham or email collision.appeal@sussex.pnn.police.uk.

Man charged with dangerous driving after Arundel crash

A MAN has been charged with dangerous driving following a road collision near Arundel in January 2013.

Horace McDonald, 53, of Shirley Close, Rustington, will appear on bail at Worthing Magistrates' Court on Friday 22 March, charged with dangerous driving, as a result of an investigation by Sussex Road Policing officers into the incident, which happened on the A27 at The Causeway, a point between Crossbush and Arundel at about 11am on Sunday 6 January.

He was charged on Thursday 7 March, on the authority of the Crown Prosecution Service.

A loaded Viridor waste lorry driven by Mr McDonald tipped over, crushing an oncoming Citroen Saxo car. The driver of the car escaped with minor injury, but a passing good samaritan had the roof of her Vauxhall saloon cut off by firefighters after giving sanctuary to two witnesses who were suffering neck pains and were cut out on the advice of paramedics. Due to the damage to the road, the recovery of the toppled vehicle and clearing of debris the road was closed for nearly nine hours.

County Council invites bids for vehicle maintenance contract

WEST Sussex County Council is in need of companies to maintain its vehicle fleet for the next two years.

The County Council has invited maintenance and repair companies to tender bids for a place on a two year agreement, starting from Monday, July 1.

The successful bidders will be responsible for all MOTs, servicing, statutory testing and repairs due to parts failure, accidents, breakdowns and fixing vandalism.

Over 300 vehicles make up the County Council's fleet, consisting of pool cars, library vans, mobile health vehicles, minibuses and minibuses with accessible ramps.

County Council Cabinet Member for Highways and Transport, Peter Montyn, said: "Our vehicles are critical to the day to day running of the Council's businesses and are essential for the many complex and varied frontline activities provided for residents.

"For example, our minibus fleet transports children and vulnerable adults to a variety of activities around West Sussex."

The deadline for tender bids to be submitted is Thursday April 18.

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Time running out to apply for grants for well-being activities

VOLUNTARY and community organisations are urged not to delay in sending in their application to a West Sussex County Council grants programme that funds activities helping vulnerable adults and older people get out into the community.

Groups are reminded that they have a month left to apply for a share of the total £190,000 in the year's Prevention and Wellbeing Grants Programme.

Under the programme groups can apply for up to £5,000. Applications will be accepted only up to April 5.

One of the key aims is for people to get out, make friends and see others.

Last year awards ranged between £170 and £5,000 and ranged from awards for lunch club equipment to venue costs for support groups.

Contact the relevant officer for an application pack either by phone or by emailing your name, organisation, address and contact detail.

Tracey Light Arun 07515 052334 or tracey.light@westsussex.gov.uk

Denise North Chichester District, 01243 642214 or 07860 947196 or denise.north@westsussex.gov.uk

Videos show how West Sussex copes with bad weather

AS PARTS of West Sussex have been battling with more snowy weather, three new videos on the West Sussex County Council website take an in-depth look at how the county copes with snow, flooding and potholes.

One film meets the men and looks at the technology behind salting and gritting the county's roads. It asks how decisions are taken on which routes are treated, and which are not.

The films also look at how the council has beefed up operations to combat flooding, and cope with an increasing number of potholes.

One visits the scene of a flood, where County Council Leader Louise Goldsmith explains why Operation Watershed has been set up. The £8.25m operation is prioritising the worst hit areas of West Sussex, and is also paying for the county's pothole patrols to be increased threefold.

Another video takes a detailed look at what causes potholes, and explains the process of repairing them.

"With extra millions from our reserves being put into the flooding and pothole problems, it's important that people can see for themselves how all these issues are being dealt with," said Peter Montyn, Cabinet Member for Planning, Highways and Transport.

"We are determined to ensure that life will continue as normally as possible by doing everything we can to keep West Sussex moving."

The films can be viewed in the Latest Videos section at www.westsussex.gov.uk/video

County Council thank drivers



WEST Sussex County Council has thanked drivers for their patience after this week's severe problems on roads across the county and the south-east.

The county's gritting fleet were working continuously as were neighbouring authorities.

But, in some areas high winds caused drifting which meant the impact of salting was greatly reduced and some drivers were caught out by sudden unexpected bands of snow across the road in front of them.

There were also several cases where gritters were unable to follow their usual routes because of abandoned vehicles, and stationary cars. Fallen trees were also an issue along the A283 at Stopham and Fittleworth which had to be closed.

Peter Montyn, West Sussex Cabinet Member for Highways and Transport, said: "It was a very difficult and frustrating night for drivers, and we fully appreciate the problems they faced.

"I want to assure people that our crews were doing all they could, but the winds and drifting have led to many incidents on the network which have had a knock-on effect creating gridlock across the whole of the County and the South East which has then impacted upon gritting operations."

"The particular problems the Highways Agency faced on its A23 also had a knock-on effect which quickly impacted on the whole of that heavily used corridor.

"I want to re-assure people that our gritters will be working continuously while the severe weather continues.

"Our advice in the meantime is only drive if your journey is really essential and to take great care."


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Continued from page 1

"This is our choice to work together to make sure that our district has a bright future, with a strong economy and a thriving working age population. There is not the option to stand still. Without the Local Plan we will have development thrust upon us, and we won't be able to manage its size or its location. With a plan we can manage where and how this happens. Without a plan we will also not be able to access vital funds to support facilities for our communities."

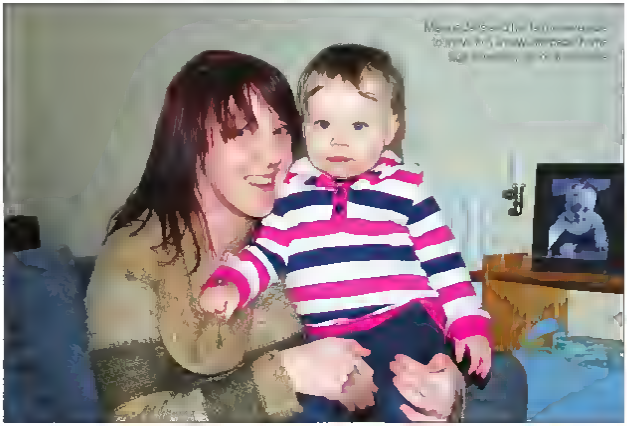
"We welcome the views of local residents and would like to encourage them to get involved in this process. We realise that people may have different views, but we will weigh everything up before presenting a plan that takes account of all of the issues."

The Local Plan will bring many benefits to the district. One is that it will secure affordable housing to help local people to stay local. Martina Jeffs and her family were able to move into a new affordable home built especially for local residents. Martina grew up in West Wittering, but never thought she would be able to live there.

"I'm over the moon with our house. I never thought I'd be able to stay in the village as the house prices are so high here. Being able to move into an affordable house has meant that I can stay in the village I grew up in and my daughter can grow up here too.

"The community has been extended with these new homes and it will benefit the area. Affordable homes help to bring some people back to the area that may have been forced to move away because of the lack of affordable housing. It means that the next generation are going to the local school."

The Local Plan also supports community facilities. The New Park Community and Arts Association Centre in Chichester is one of a number of community facilities that has benefitted from developers' contributions. Rod Fennell, trustee and project co-ordinator at the New Park Centre in Chichester, says: "We received funding from developers' contributions as part of the overall funding package to upgrade our centre. As an independent charity, major capital fund-raising is always a challenge. This extra funding has allowed us to invest in more money and in doing so to replace an outdated single storey structure with a purpose built facility, much earlier than might otherwise have been the case. The community are winners as a result."



The plan will also support local businesses and create job opportunities. John Hall, from the West Sussex Growers Association, recognises how important it is in helping local businesses expand.

"The horticultural industry already employs around 5,000 people in the local area and brings £500m into the local economy. It supplies supermarkets across the country with high quality, local produce that people can trust. The Local Plan will help us to prepare for the future and consider how we can build on our current success, which will benefit both the local economy and local people."

Work has also already taken place to help to deal with some aspects of the area's local infrastructure. Chichester District Council and West Sussex County Council have recently bid to the Government for funding to bring forward an improvement scheme for the A27. Chichester District Council has also been working hard to address issues around the local waste water facilities which have troubled parts of the district. It is expected that a bid will be submitted by Southern Water to Ofwat (the Water Services Regulation Authority), for investment in improved facilities in the way that waste water is dealt with locally.

Local people can get involved by visiting www.chichester.gov.uk/newlocalplan, placing their comments on chichester-consult.limehouse.co.uk/portal, emailing ldf@chichester.gov.uk or calling 01243 534571. Officers from the council will also be attending a series of events across the district, where you can find out more and ask questions. A full list of these, and further information about the Local Plan, can be found at www.chichester.gov.uk/newplan



Art class starts soon

ABSOLUTE BEGINNERS TO IMPROVERS WILL LOVE THIS COURSE!



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By the end of the course, students have created a minimum of 8 pieces of their very own original art they can enjoy forever, from country landscapes to stunning Seaside Vistas. What better way to enjoy the spring months and participate in something you will look forward to every single week.

MAKE NEW FRIENDS AND MEET NEW PEOPLE

The final day of the art class will be the preparation for an exhibition held in Chichester Town Centre later that day, featuring the work created over the 3 ½ month part-time course

YOUNG AT HEART

This course is a brilliant way to learn new skills you will be able to enjoy forever. It is also a great way of meeting new friends and to have a fun experience you will always remember and cherish! It is open to adults of all ages

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FindItOut – new name for youth information service

WEST Sussex County Council's Information, Advice and Guidance service for young people has changed its name to FindItOut.

Due to national changes on how careers advice and guidance is delivered, the West Sussex Youth Support and Development Service decided to rebrand its Information, Advice and Guidance service, formerly known as Connexions.

A competition was held last year to come up with a new name for the service and the shortlisted names put to a vote on the Your Space website.

The winning name was FindItOut, put forward by Sandy Wilson who works for the County Council's Fostering Team.

Cabinet Member for Children and Families Peter Evans said: "We wanted a name that reflects what is provided – a service centred around young people that offers support on all of the issues that affect young people today.

"FindItOut brings our Information Shops, Connexions Centres and Connexions Personal Advisors all under one title which can be easily recognised by young people, parents and professionals. Young people can find it out with FindItOut."

Peter presented Sandy with her prize, a bottle of champagne, for coming up with the winning name.

The service covers many areas, for



and Families Peter Evans

example, drop-in sessions at the information shops for young people offering advice on issues such as employment, training, money matters and debt, housing and homelessness, benefits, mental health issues, physical and sexual health, family and relations, and can also refer young people into counselling service.

To find out more about the service and what it offers, visit the Your Space website at www.yourspacewestsussex.co.uk

Actress attends Prebendal Book Day



AS CHILDREN celebrated World Book Day last week, The Prebendal School in Chichester welcomed acclaimed actress Patricia Routledge CBE to its own Book Day on Friday 1st March 2013.

The actress, who is a friend of the School, read a selection of poems and book extracts including The Tailor of Gloucester by Beatrix Potter and The Listeners by Walter de la Mare. Pupils from Years 2 to 8 attended the reading.

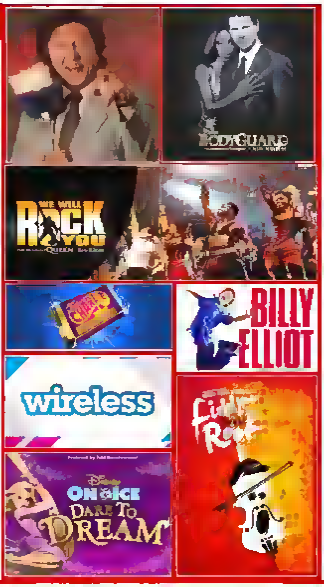
Children and some staff also dressed up as book characters for the day with plenty of Harry Potter and Roald Dahl characters.

Head of English, Rob Brittain, who dressed up as Mr Darcy from Pride & Prejudice, said: "All the children really enjoyed the reading and our Book Day is always a fun way of bringing characters to life and encouraging our pupils to read wherever and whenever they can."

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DAY EXCURSIONS

11 Apr HAIRSPRAY WITH LUNCH OPTION Mayflower Theatre
13 Apr MOUNTBATTEN FESTIVAL OF MUSIC Royal Albert Hall
17 Apr THE MOUSETRAP Theatre Royal Brighton
28 Apr JAMES LAST & HIS ORCHESTRA BIC Bournemouth
01 May WALKING WITH DINOSAURS Wembley Arena
02 May DOLLY PARTON'S 9 TO 5 WITH LUNCH OPTION Mayflower Theatre
03 May MICHAEL BALL - Both Sides Now Tour The Brighton Centre
08 May SINGING IN THE RAIN Palace Theatre
09 May HIGH SOCIETY Mayflower Theatre
15 May FILM MUSIC GALA 2013 with the Royal Philharmonic Orchestra Royal Albert Hall
15 May LES MISERABLES Queens Theatre
17 May THE ROCKY HORROR SHOW Mayflower Theatre
17 May DIRTY DANCING New Victoria Theatre Woking
13 Jun CATS WITH LUNCH OPTION Mayflower Theatre
14 Jun THE BODYGUARD Adelphi Theatre
15 Jun CELEBRITIES ON ICE BIC Bournemouth
20 Jun FRANKIE VALLI & THE FOUR SEASONS BIC Bournemouth
25 Jun JONATHAN & CHARLOTTE BIC Bournemouth



27 Jun STRICTLY CONFIDENTIAL WITH LUNCH OPTION Mayflower Theatre
13 Jul THE WIRELESS FESTIVAL London Olympic Park
22 Jul DAVID BOWIE IS EXHIBITION V&A Museum
25 Jul ONCE, THE MUSICAL Phoenix Theatre
31 Jul A CHORUS LINE London Palladium
01 Aug BILLY ELLIOT Victoria Palace Theatre
03 Aug KEN DODD Worthing Pavilion
24 Aug PETER PAN, THE NEVER ENDING STORY Wembley Arena
12 Sep FIDDLER ON THE ROOF Mayflower Theatre
31 Oct GHOST THE MUSICAL WITH LUNCH OPTION Mayflower Theatre
23 Nov CLASSICAL SPECTACULAR NEW Royal Albert Hall
14 Dec JOOLS HOLLAND & GUESTS Brighton Centre
15 Dec DIVERSITY - LIMITLESS The Brighton Centre
17 Dec JLS BIC Bournemouth
17 Dec BOYZONE Brighton Centre
23 Dec ANDRE RIEU & HIS JOHANN STRAUSS ORCHESTRA Wembley Arena
05 Jan DISNEY ON ICE - DARE TO DREAM NEW 02 Arena
09 Jan ROBINSON CRUSOE & CARIBBEAN PIRATES Mayflower Theatre
02 Apr 2014 MIRANDA HART - MY WHAT I CALL, LIVE SHOW Brighton Centre

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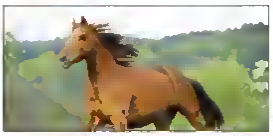
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Care about horsemeat? NEIGH!





Gracie Cliffe

THIS WEEK I want to talk about something that I'm sure you are all painfully aware of. Horsemeat. Yes, the country is up in arms about it and I thought I'd join in. Everyone has their own opinion, so here's mine. SO WHAT?

First of all I just want to make it clear that I do understand why so many people are so strongly bothered by the fact horsemeat has been found in some of our foods. People are angered by the fact their foods were mislabelled. And I know that that is also a crime.

But most people I've heard have only really been complaining about the fact they may have eaten horsemeat rather than the legal problems it brings. In fact people seem to be HYSTERICAL at the thought. I don't get it. When they were eating the meal, they weren't complaining. In fact I don't think anyone thought whilst eating their ready meal lasagne that it tasted a bit horsey.

If it had never gone to press then everyone would be none the wiser and a heck of a lot calmer. The thought of it scares people more than the food itself. And as far as I know no one has had any bad side effects so really what is the big problem?

I just think we are over reacting a tiny bit. There are countries in the world that eat cats and dogs and even guinea pigs. There are even countries that eat horse and class it as a delicacy. Is the UK too good for horsemeat?

And I think that those who are complaining are being rather hypercritical. So it's okay to kill cows and pigs for our own selfish reasons, but we draw the line at horses? Do n't get me wrong, I'm not a vegetarian and I'm not suggesting we all give up meat, I just wonder who decides which animals are okay to kill or eat.

Just a side thought – Shouldn't someone have noticed all the extra cows in the fields that didn't make it into our burgers? Hmm.

My parting words – You get what you pay for. Are you really surprised that £1 for 8 burgers gets you poor quality? And if you are really interested in the quality of the food you're eating, don't buy processed food or ready meals and make them yourself.

Let us know what you think

@chiherald

Fab news for FAB service

WEST Sussex County Council's Fun and Breaks (FAB) service for the Chichester and Arun area has been praised by the Care Quality Commission following an inspection.

FAB provides volunteer carers who help support families who have children with disabilities, giving parents the chance to take a much needed break.

Volunteers help encourage social activities and promote new experiences and independence for the disabled child.

The Care Quality Commission (CQC) inspected the following standards, all of which were met by the service:

- Respecting and involving people who use services
- Care and welfare of people who use services
- Safeguarding people who use services from abuse
- Supporting workers
- Assessing and monitoring the quality of service provision

The inspector was able to speak to parents and volunteers from the service. The report said: 'The parent told us that it was a "really good service" and that the main benefit for her child was to have quality one-to-one time with someone who could help with reading or homework giving her time to concentrate on her other children.'

The report recognised that surveys and comments were very positive and that people's views were taken into account in the way the service was provided and delivered in relation to their care.

It added: 'We saw that care was discussed with people. Much of the support offered was around activities such as going out to things such as puppy walking classes, art club, trips to the shops, sports clubs, support with homework, swimming or activities relating to trains. Some volunteers went in just to take over the bedtime routine giving the parent a break.'

The report continued: 'Positive feedback from families was passed on to volunteers. This had a positive effect on the service. One volunteer commented "Knowing how much you are appreciated by parents is very rewarding".'

The FAB service aims to provide a family with support for about four hours every fortnight, at a time that has been agreed between the family and the volunteer.

All volunteers have an initial induction and training. They are required to have a Disclosure and Barring Service check (previously known as CRB check) and are matched with one family to support.

For further information and to see a film on FAB, visit the website at www.westsussex.gov.uk and search 'fun and breaks'. You can also email fab@westsussex.gov.uk.

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Around the world in 80 words

GREAT BALLARD children have been thrilled to receive the news that twenty pupils in Forms 5 and 6 have had their work selected to be published in a special anthology.

They recently took part in a competition, "Around the World in 80 Words", which was a "Young Writers' 2012 Creative Writing Competition". Thousands of entries for the competition were received from throughout the UK and overseas.

In deciding on which works were to be published, the judges were looking for imagination, perception, expression and creative use of language. Mrs Thomas, Head of English is very proud of the children's achievements and can't wait to see their work published.

Perhaps some of these budding authors will go on to follow in the footsteps of some of the "Old Great Ballard pupils" who have gone onto become authors, some working overseas today or like the First Head boy when the school moved to Earnham, Richard Meredith, writing exciting travel books.

'Pay on foot' parking system to be introduced at popular Chichester car park

A NEW, customer-friendly payment system could soon be launched at the Avenue de Chartres multi-storey car park in Chichester.

Chichester District Council's Cabinet has backed the installation of a new 'pay-on-foot' payment system to improve the customer experience and support businesses. A final decision on the installation will be made by Full Council on Tuesday 21 May.

Parking charges would remain the same – the only difference is that customers will pay for the time they have used when they leave the car park, rather than having to buy a ticket when they arrive.

The new payment machines accept credit and debit cards as well as coins and notes, giving customers more ways to pay for their stay without having to rummage around for the right change.

A public consultation is currently underway to find out people's views on car parking in the district. It includes questions about payment methods and ease of use, along with whether to also introduce the 'pay on foot' scheme at other car parks. The Cabinet agreed that if the public is in favour then this will be introduced at more car parks.

The survey will run until Sunday 21 April. It can be found online at www.chichester.gov.uk/consultations. For more information or to get a paper copy of the survey, please contact the Corporate Information Team on 01243 534623 or email corporateinfo@chichester.gov.uk.



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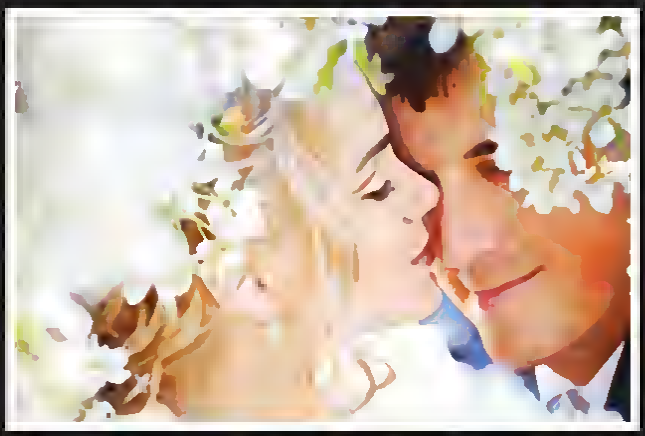
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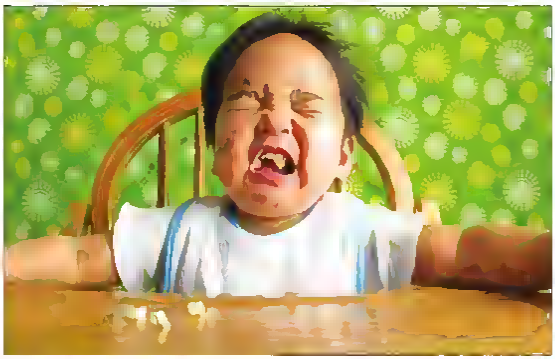
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Surviving the Toddler Tantrum



CHICHESTER Nurse[illegible] CENTRE



By Becky Edwards (Children's Centre Co-ordinator) and Nicola Graham (Family Outreach Worker)

IT'S SOMETHING every parent dreads. The Toddler Tantrum.

It can happen anywhere. In the middle of a supermarket or café, at a friend's house or in front of complete strangers, in the sandpit at the park or the middle of the road. Wherever a tantrum happens, it leaves parents feeling angry, embarrassed and exhausted. As your child lies on the floor kicking and screaming, you can't help feeling that everyone around you is staring at you, judging you, thinking that you must be a terrible parent. You never feel more alone than when your child is having a tantrum in the middle of a busy, public place. But the truth is, most people aren't interested. If they do look, it's probably sympathetically or supportively, willing you to be strong and not to give in. And that is one of the hardest things to do - but it's also the right thing to do.

When your child is having a tantrum, time seems to stand still. It can feel like they have been screaming for hours, when it's actually only a few minutes.

So here are a few hints to help you survive those lonely, toddler tantrums!

- Stay calm – if you panic, your child will sense it and panic too and the tantrum will get worse.
- Sit down and wait on the floor next to them but don't look at them.
- Don't speak to them until they are calming down - if you talk to them too soon, it will make them scream louder for longer.
- When you do speak use a calm, quiet voice - this shows your toddler that everything is going to be alright and helps them to calm down.
- When the tantrum is over, give them a hug - while a child is having a tantrum, they feel out of control and frightened. By giving them a hug you help them to contain their emotions and feel safe.
- Acknowledge how they are feeling – say something like "I think you are feeling angry because you couldn't have those sweets." Or "I wonder if you are feeling sad because you are hungry."

Sometimes children don't know or remember why they are upset. By showing them you understand how they are feeling, you help them to work out what the problem is and how to solve it, even if they can't always have their own way.

- Don't give up – tantrums always stop in the end.

Behaviour is 90% communication. And communicating is hard when you don't have many words. A tantrum is your toddler's way of telling you very loudly and very physically that something is wrong.

Don't you sometimes wish you could still have tantrums?

For more information or support with parenting visit Chichester Nursery School, Children and Family Centre. Or phone. 01243 642950. Website: www.chichester-nur.w-sussex.sch.uk

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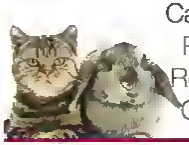
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March Cat Homing Saturday 23rd



Cat and Rabbit Rescue Centre



THE RESCUE has many compatible pairs of cats and kittens, which is ideal if you are thinking of getting a cat, and want your young cat to have a playmate. Most often these are brothers and sisters, but some mothers form a particularly friendly bond with one of their kittens. The Rescue seeks for a minimum donation of £45 for each cat or kitten which includes vaccination, micro-chipping, neutering and free vet insurance for 4 weeks.

Please phone if you are interested in any of the cats below. We home 7 days a week by appointment. On Cat Homing days between 12 noon and 2 pm you can see the cats and reserve your selection to take home, pending a successful home visit.

Waiting for a home:

- Very friendly Donna is a year old white and black female and her affectionate playful kitten KF132-12 born last July.
- KM120-12 and KM122-12 are 9 months old, friendly, tabby older kittens, one sandy and one grey.
- Very friendly, playful sisters black KF90-12 and black and white KF91-12 are 9 months old.
- Brothers KM107, with a smooth black coat, and KM108-12 with a fluffy black coat and very friendly.
- Sisters KF205 who is black and tabby and white KF203-12 are a cute pair born at The Rescue last August. Both friendly, they need to go to their first home so they can have more attention and gain confidence.
- Avril is a friendly, torty and white 1 year old who needs a quieter home new her kittens are independent.
- KM165-12 is Avril's last friendly white and black male kitten.

Cat and Rabbit Rescue Centre, Holborow Lodge, Cholder Lane, Sidlesham, Chichester, PO20 7RJ. www.crrc.co.uk. Tel: 01243 641409.

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Local radio station celebrates – again!

SPIRIT FM is celebrating after its parent company was declared the UK's Best Company to work for, for the third year in a row. Taking the top spot in the mid-sized category, it beat the likes of Admiral Insurance, the online travel firm Expedia and The Savoy Hotel in London.

Spirit FM is part of UKRD group which grabbed the number one spot in the top one hundred list, revealed by The Sunday Times last weekend (10 Mar). Independent inspectors have spent the last few months scrutinising bosses and staff at its base in West Sussex along with its fifteen sister stations across the UK from Cornwall to Sunderland.

In addition to examining the range of employee benefits and training programmes, staff at Spirit FM were asked to fill in anonymous questionnaires about their life at work, broken down into seventy different categories. The incredible results saw the company judged outstanding on almost every key indicator used by judges. In addition to being ranked first overall, the company also topped tables for having the best role models at work, the most stimulating work, personal growth, most appreciative and honest bosses and a sense that they could make a difference amongst others.

Managing Director Sally Austin said: "This is an immense achievement for Spirit FM and West Sussex. We work really hard to deliver results for our clients and produce memorable and entertaining programming for our listeners. I'm so immensely proud of the team that deliver this day in, day out. I have worked at Spirit FM for 12 years this year and can honestly say the last 4 years under the ownership of UKRD have been the most exciting and rewarding of my life. The team at Spirit that I have the honour of working with everyday are nothing short of amazing, the passion they show for Spirit FM, West Sussex and their colleagues shines through in everything they do and this clearly came across to the Best Companies Team when they inspected our surveys."

Spirit FM and UKRD are virtually unique in making the company culture and core values the most important factor of the business. There is a specific "cuddling budget" for each member of staff to pay for thank-yous and get-togethers, from days at the races and weekends away to team meals and bottles of champagne. Teams are encouraged to offer their ideas and opinions on the way the business is run with the firm rule that no idea is a silly one!



Sally Austin, Managing Director, Spirit FM


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Chichester Business

John Lewis Chichester announce bonus of 17% for ALL employees – equivalent to nearly 9 weeks' pay

THE JOHN LEWIS PARTNERSHIP, which has a store in Chichester, this week announced a bonus to all Partners (employees) of 17% of their salary equivalent to nearly 9 weeks pay

Claire Dunkerley, branch manager of John Lewis at home Chichester, said "It has been an incredible opening year at John Lewis at home Chichester We have experienced so many wonderful highlights including recruiting around 140 local people, working with 12 local charities, supporting the Chichester BID with the Christmas lights switch on, introducing the home design service and extended nursery assortment, whilst delivering commercial success too Christmas was a particular highlight where we outperformed our expectations

"I would like to thank all of our Partners (staff) who have worked hard, learnt so much and delivered the high standards of service and shopping experience our customers have come to expect."

Helen Blewitt, 27, has worked at John Lewis as section manager, audio and TV, for three and a half years Initially in the Poole shop before joining the Chichester team when it opened last year Helen is putting her bonus towards a deposit for her dream flat. She said "I feel valued every day in my job but at this time of year you can't help but feel extra special! After splurging my previous bonuses this year I've decided to be a bit more responsible and am putting it towards a deposit for a flat. It's such a privilege to a reward which will help me to invest in my future."

Jasmine Keeble, 21, has been working at John Lewis as a selling assistant since the Chichester shop opened in 2012 This year she is putting her bonus towards a new laptop and a trip to Washington to see her sister

Jasmine says "A lot of the Chichester team are new Partners (staff) to the business so the John Lewis bonus is a really exciting way to top off our first year I'm going to treat myself to a new laptop and also use it to book flights to visit my sister in Washington over the summer It's so great to have a bit of extra money to do things like this and it's a fantastic reward for all our hard work over the year "

Sarah Peters, 45, has been working at John Lewis at home Chichester since it



opened last year She is using her bonus to take her husband and son on a holiday

Susan says "This is the first job I've ever had where I get a bonus so I'm really excited! I've decided to use it for something extra special and I am taking my family on a trip to Florida in August The John Lewis bonus is such a great reward for all the hard work we've put in over the past year and really encourages us as Partners of the company to offer the best service possible to our customers "


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cineworld

Side Effects (15)

FIVE out of Five stars

Running time: 106 mins
Director: Steven Soderbergh
Starring: Jude Law, Rooney Mara, Catherine Zeta-Jones, Channing Tatum, Vinessa Shaw, Ann Dowd, Polly Draper, Mamie Gummer, Michael Nathanson, Lala Kolma, Peter Friedman, Russell G Jones

Brilliantly directed and superbly written, this is a hugely enjoyable and thoroughly gripping thriller with a pair of tremendous performances from Jude Law and Rooney Mara.



What's it all about?
Directed by Steven Soderbergh (who has since announced his retirement from filmmaking, though we'll believe that when we see it), Side Effects begins with devoted young wife Emily (Rooney Mara) struggling with depression when her husband Martin (Channing Tatum) is released from prison after a four year stretch for insider trading. She becomes the patient of psychiatrist Doctor Banks (Jude Law), who, after consulting with her previous doctor (Catherine Zeta-Jones), decides to put her on a new anti-depressant, since she reacts badly to all the usual drugs.

However, when Emily commits a violent crime, seemingly while sleepwalking as a result of the side effects of the drugs, she is put on trial, leaving Dr Banks to conduct an investigation of his own. Eventually, his obsession with the case begins to jeopardise both his career and his marriage to Dierdre (Vinessa Shaw). But are the drugs really to blame?

The Good
Jude Law delivers perhaps his best lead performance to date as Dr Banks and there's strong support from both Tatum and a suspiciously slinky Zeta-Jones. However, the acting honours are roundly stolen by Rooney Mara, who's jaw-droppingly brilliant as Emily, to the point where you can't keep your eyes off her, the scene where she soaps while leaving a parking lot is utterly riveting and just one of several highlights.

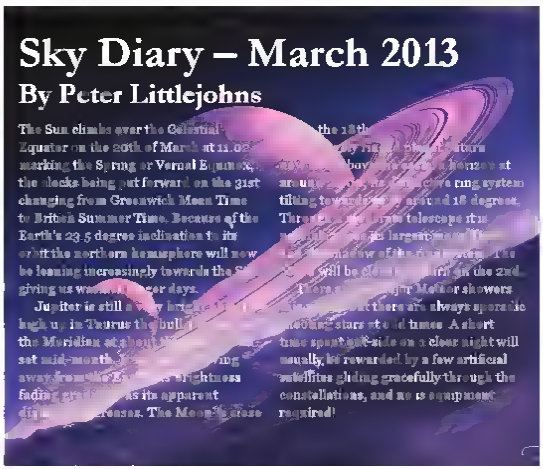
At its heart, Side Effects could be one of those trashy post-Basic Instinct thrillers from the 1990s, but Soderbergh's assured direction, cinematography and editing transform it into something genuinely exciting and unpredictable, needless to say, your enjoyment of the film will be vastly improved if you go in as cold as possible (there are only minimal spoilers above). On top of that, the superbly written script manages to take a few well aimed swipes at the pharmaceutical industry, almost as an aside.

The Great
Soderbergh maintains a cracking pace throughout and pulls off plenty of enjoyable twists and turns along the way, particularly when Zeta-Jones' character shows up. He also creates a genuinely suspenseful atmosphere, aided by a typically superb score from Thomas Newman (one of the few jobs Soderbergh didn't do himself).

Worth seeing?
Gripping, pacey and genuinely suspenseful, Side Effects is a hugely enjoyable, brilliantly directed thriller with a superb script and terrific performances from Jude Law and Rooney Mara. Please don't retire, Soderbergh, not when you can still make films as good as this. Highly recommended.

Sky Diary – March 2013

By Peter Littlejohns



The Sun climbs over the Celestial Equator on the 20th of March at 11.02 marking the Spring or Vernal Equinox, the clocks being put forward on the 31st changing from Greenwich Mean Time to British Summer Time. Because of the Earth's 23.5 degree inclination to its orbit the northern hemisphere will now be leaning increasingly towards the Sun giving us warmer longer days.

Jupiter is still a very bright object high up in Taurus the bull. It reaches the Meridian at about 10pm at the start of the month, setting mid-month. Its brightness fading gradually as its apparent diameter decreases. The Moon's close

Planetarium Shows and Dates March 2013

Sunday 17	3.30pm	Comets – Icy Visitors from Space
Friday 22	7.30pm	The Stars This Month
Sunday 24	3.30pm	The Easter Full Moon
Friday 29	7.30pm	Comets – Icy Visitors from Space

Tickets: Adults £6.00, Children £4.00
Tickets are available to callers at the Tourist Information Centre, South Street, Chichester. Alternatively, please phone 01243 774400 or ticket hotline 07818 297292 to reserve your tickets. Payment by cash or cheque only, on the day.
A map showing our location can be found at: www.southdowns.org.uk

WIN 2 TICKETS AT CINEWORLD

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Q. CATHERINE ZETA-JONES WON AN OSCAR FOR HER ROLE IN WHICH FILM?

A. CHICAGO
B. ENTRAPMENT
C. TRAFFIC



Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk**. One lucky winner will be selected at random. Closing time is Tuesday 19th March 2013 at midday. The winner will be notified later on that day.

• Last weeks winner is Elaine Suff, from North Bersted

cineworld CINEMAS

Cineworld Chichester
Chichester Gate, Chichester, PO19 8EL – 0871 200 2000

Students set to shine in musical



THIRD YEAR Musical Theatre students from the University of Chichester are starring in a production of RENT, which commenced at the Alexandra Theatre in Bognor on Thursday

It is the third time that students on the Musical Theatre course at the University have taken a show on tour, following successful productions of Honk and Into the Woods over the last two years the latter culminating in a four-night stand at London's Union Theatre. Tickets for RENT at the Alexandra Theatre can be booked from the Regis Centre Box Office on 01243 861010

The tour boasts some of the finest session musicians around under the musical direction of Senior Lecturer, Jon Winstone, who said "The musical performance given on stage are pushed to such a high standard that they deserve to be given a professional edge by an experience live band."

An exciting feature of the new tour is the deliberate choice of complex and unusual venues in amongst some very attractive traditional theatres, which extends the technical and expressive capabilities of the cast. Indeed the tour broadens the experience and skills of students, increasing post-graduate employability

Student Rachel Appleton said "I joined the Musical Theatre course because it was new and that little bit different ... When I auditioned for the tour and was accepted it was the final piece of the jigsaw."

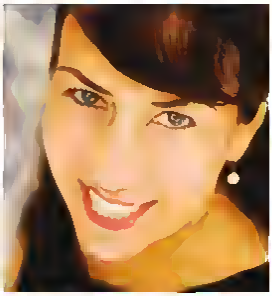
Professor to shed light on short stories at Sunday Times event

UNIVERSITY of Chichester Professor Alison MacLeod is to consider the short story form at an event for The Sunday Times on 22nd March

The Sunday Times Oxford Literary Festival event will see Alison considering the ways in which some of the best short stories take life on the page and talking to three of this year's judges of The Sunday Times EFG Private Bank Short Story Award. Alison will be in conversation with authors of 17 highly acclaimed and best-selling novels Joanna Trollope multi award-winning novelist Lionel Shriver, and Sunday Times literary editor Andrew Holgate...about what they look for in short story writing. You can book tickets at oxfordliteraryfestival.org/

The event follows on the heels of an article that Alison wrote for the 3rd March edition of The Sunday Times Culture supplement. For the article, entitled 'No excess baggage', Alison was asked to consider what makes the short story a unique literary form and also to explore her favourite short story, she chose James Joyce's 'The Dead' from Dubliners

In 'No excess baggage' Alison describes short stories as having a "secret charge" and discusses the differences between novels and short stories, saying "If the novel is about society, the short story is about soul



Alison MacLeod

Subscribers to The Times can read the full article on the newspaper's website. You can read an extract from the article at www.thesundaytimes.co.uk/sto/culture/books/fiction/article1221621.ece

The Sunday Times EFG Private Bank Short Story Award, the richest prize for a single short story in the world, is being presented at a gala dinner at this year's Sunday Times Oxford Literary Festival, with £30,000 going to the winner

Alison is Professor of Contemporary Fiction at the University and an acclaimed novelist and short story writer. Her third novel, Unexploded, is due out later this year

This week at New Park Cinema

CHICHESTER cinema
at NEW PARK
01243 786 650
'your cinema on the park'

STUDIO Film Treats include Marion Cotillard as injured orca trainer Stephanie in Rust and Bone. Glenn Close as butler Albert in Albert Nobbs and Benjamin Britten as himself in two films to celebrate the composer's centenary

The Studio season kicks off with the highly celebrated Rust and Bone, French actress Marion Cotillard playing orca trainer Stephanie who is badly injured at work, a struggling single father Ali (the excellent Matthias Schoenaerts who also starred in the remarkable Bullhead) coming into her life. But can this struggling single father with precious little pity but an enormous love of life find in him the ability to reach out to the now semi-paralysed Stephanie? Also screening is the acclaimed director Sally Potter's new film, Ginger & Rosa set in the swinging 60's charting the lifelong friendship of two inseparable girls Annette Bening and Christina Hendricks starring.

Cult filmmaker Leos Carax's new film, Holy Motors, joins Ballroom Dancer, a documentary which follows the World Latin American Dance Champion, Slavik, determined to recapture his former glory but will this fiery artist be able to keep his temper in check with his amateur dancer girlfriend who partners him? About Elly from Iran is yet another remarkable film to surface from director Asghar Farhadi who had an Oscar hit with A Separation. Elly, a teacher, joins a group of middle class Iranians who drive to the Caspian from a short break but she disappears, nobody knowing where she has gone

Albert Nobbs starring Glenn Close is not a man but is forced to masquerade as Albert to get a job, her choice of butler in 19th century Dublin a remarkable tour de force by the Oscar-nominated actress. Or should that be actor? Seven Psychopaths, an immensely witty film with layers of tall tales stars Woody Harrelson and Christopher Walken and is joined by Sightseers the riotous, unpredictable story of Tina and Chris, Midlands answer to Bonnie and Clyde Barbarian Sound Studio with the unmissable Toby Jones is an introverted sound engineer from Dorking who takes on a job in Italy – with consequences. Soon life begins to imitate art as reelines shift and he finds



Rust and Bone is showing at New Park

himself in an otherworldly spiral of on-screen happenings

From Chile comes Nostalgia for the Light, an eloquent documentary which inspires wonder in the Atacama Desert 10,000 feet up, a perfect vantage point for astronomers to explore the marvels of the desert, Pinochet's regime, however, adding harsh realities to this exhilarating, invaluable film.

Benjamin Britten's Centenary is celebrated with two films by the prolific director Tony Palmer, Benjamin Britten & His Festival and The Burning Fiery Furnace, both recently restored 1967 films made for the BBC with behind the scenes at the Aldeburgh Festival and the recording of the fiery church parable in Orford Church the cast including Peter Pears, John Shirley Quirk and Robert Tear

Don't miss either two classic René Clément films, Forbidden Games and Gervaise based on an Emile Zola novel. Marie Schell is Gervaise, a young crippled lone dress, is left alone with two children when her lover Augusta, leaves. Determined to turn her life around she marries Henri but Auguste returns, her life yet again taking a further turn. All seats during the Studio Season are £5.50

SATURDAY'S TV 16.03.13

Listings supplied by Press Association

CHOICE



Winston Churchill

Churchill and the Fascist Plot
Channel 4, 7pm
In May 1940 Britain was facing the prospect of a Nazi invasion. Winston Churchill didn't just have Hitler to worry as there was also a threat from Britain's own fascist sympathisers' the "fifth column" that could erode Britain's war effort from within. Days after Churchill became Prime Minister MI5 descended on central London keen to question members of The Right Club an organisation and pro-Nazi society led by Archibald Ramsay MP. The aristocrat's organisation wanted to create an alliance with Hitler.

BBC1

6.00 Breakfast **10.05** Saturday Kitchen Live **11.30** Nigel Slater's Simple Cooking (R) **12.00** BBC News; Regional News; Weather **12.15** Football Focus **1.00** Formula 1: Australian Grand Prix Qualifying Highlights **2.05** Live Six Nations Rugby Union **4.30** Live Six Nations Rugby Union.

7.00 **BBC News;** Regional News; Weather

7.15 **Pointless Celebrities** Alexander Armstrong and Richard Osman present a star-studded version of the unorthodox general knowledge quiz. (R)

8.00 **The National Lottery: In It to Win It** Dale Winton presents the game in which five contestants pit their wits to scoop a big cash prize. Includes the National Lottery draws, presented by Mylene Klass

8.00 **Casualty** Jeff gets caught up in a marital dispute. Robyn breaches patient confidentiality and Linda tries to give a woman with a learning-disabled son some respite

9.40 **Mrs Brown's Boys** Trevor has decided to work for a mission project in Africa, so Agnes resolves to throw him an outrageous send-off while Cathy's family counselling session descends into chaos. (R)

10.10 **BBC News;** Weather

10.30 **Match of the Day** Including highlights of Everton v Manchester City. National Lottery Update.

11.50 **The Football League Show.** Highlights of today's games including Barnsley v Watford

1.00 Weatherview **1.10** BBC News.

BBC2

6.00 This Is BBC Two **7.30** Great British Menu (R) **8.00** Great British Menu (R) **8.30** Great British Menu (R) **9.00** Great British Menu (R) **9.30** Great British Menu (R) **10.00** A History of Britain by Simon Schama (R) **11.00** Meet the Ancestors (R) **11.30** Man Man (R) **12.00** Country Show Cook Off (R) **12.30** Country Show Cook Off (R) **1.00** Country Show Cook Off (R) **1.30** Country Show Cook Off (R) **2.00** Country Show Cook Off (R) **2.30** Mastermind (R) **3.00** University Challenge (R) **3.30** Flog It! **4.30** Final Score **5.30** Great Continental Railway Journeys

6.00 **Dad's Army** Mainwaring's platoon tries to raise money for the local Spitfire fund by having a bash at morris dancing. (R)

6.30 **Top Gear Africa Special – Part Two** Part two of two. Jeremy Clarkson, Richard Hammond and James May conclude their quest to find the source of the River Nile in Africa using three old estate cars. Last in the series. (R)

7.30 **Live Six Nations Rugby Union** France v Scotland (Kick-off 8.00pm). Gabby Logan presents coverage of the final match of this season's championship, held at the Stade de France

10.00 **Film: Africa United** (2010) Premiere. Three Rwandan children walk 3,000 miles to South Africa to attend the 2010 World Cup. Comedy with Eriya Ndayambaje

11.25 **Dancing on the Edge: Interviewing Louis.** Companion piece to Stephen Poliakoff's drama, starring Chiwetel Ejiofor and Eriya Ndayambaje (R)

12.20 Film: Badlands (1973) **1.00** This is BBC Two.

ITV

6.00 CITV: Mickey Mouse Clubhouse **6.25** The Hive (R) **6.35** The Hive (R) **6.45** Dino Dan (R) **7.00** Dino Dan (R) **7.10** Canimals (R) **7.20** Canimals (R) **7.25** Beckaboo **7.40** Matt Hatter Chronicles (R) **8.05** Ultimate Spider-Man **8.30** Victorious **9.00** Jessie **9.25** ITV News **9.30** The Jeremy Kyle Show USA **10.20** My Tasty Travels with Lynda Bellingham (R) **11.20** Dinner Date (R) **12.20** ITV News; Weather **12.30** Countrywise (R) **12.50** You've Been Framed! (R) **1.20** Film: Mutiny on the Buses (1972) **3.00** The Chase: Celebrity Special (R) **4.00** Midsomer Murders (R)

5.00 **Regional Programme** Weather

6.15 **ITV News** Weather

6.30 **New You've Been Framed!** A fresh selection of comical clips

7.00 **Ant & Dec's Saturday Night Takeaway** The duo go head to head in their latest challenge and play another undercover prank on an unsuspecting star

8.20 **The Cube** A sales assistant and a prison officer try to complete a series of increasingly difficult tasks in the hope of winning a jackpot of £250,000. Phillip Schofield hosts

9.20 **The Jonathan Ross Show** The host chats to Doctor Who himself Matt Smith and Ruth Jones, the star and co-writer of Gavin & Stacey. Welsh rockers Stereophonics provide the music

10.20 **ITV News** Weather

10.35 **Film: Total Recall.** (1990) Sci-fi thriller starring Arnold Schwarzenegger

12.45 Jackpot247 **2.00** In Plain Sight (R) **3.45** ITV Nightscreen.

CHANNEL 4

6.10 The Hoobs (R) **6.35** The Hoobs (R) **7.00** Will & Grace (R) **7.25** The Grid **7.55** The Morning Line **8.55** Everybody Loves Raymond (R) **9.25** Everybody Loves Raymond (R) **9.55** Frasier (R) **10.30** Frasier (R) **10.55** The Simpsons (R) **11.25** The Simpsons (R) **11.55** The Big Bang Theory (R) **12.20** The Big Bang Theory (R) **12.45** Undercover Boss USA (R) **1.45** Channel 4 Racing **4.15** Come Dine with Me (R) **4.45** Come Dine with Me (R) **5.15** Come Dine with Me (R) **5.50** Come Dine with Me (R)

6.20 **Come Dine with Me** (R)

6.45 **Channel 4 News**

6.55 **4thought.tv**

7.00 **Churchill and the Fascist Plot** The story of pro-Nazi society the Right Club, led by Archibald Ramsay, an MP in Winston Churchill's own party who planned to undermine Britain's war effort from within.

8.00 **Kevin McCloud's Man Made Home** The Grand Designs host introduces a touch of luxury to his handmade cabin, fixing a rainwater system in the hot tub and fashioning a coffin out of alpaca wool. Last in the series. (R)

9.00 **Film: 127 Hours** (2010) A mountain climber is trapped by a boulder in a remote canyon and reluctantly takes desperate measures to survive. Danny Boyle's fact-based drama, with James Franco and Kate Mara

10.45 **Big Fat Quiz of the 00s** Jimmy Carr tests six celebrities on their knowledge of the 2000s. (R)

12.20 Film: Once Upon a Time in America (1984) **4.05** Hollyoaks

CHANNEL 5

6.00 Milkshake! **10.15** Power Rangers Samurai (R) **10.50** Batman: The Brave and the Bold **11.15** Inside Hollywood **11.25** Robson's Extreme Fishing Challenge (R) **12.25** Police Interceptors (R) **1.20** CSI: NY (R) **2.20** CSI: Miami (R) **3.10** CSI: Miami (R) **4.05** Film: Private Benjamin (1980)

6.10 **5 News Weekend.**

6.15 **Film: Columbo: Uneasy Lies the Crown.** (1990) A dentist plans to poison his wife's lover and make it look like she killed him, but reckons without the attentions of the crumpled cop. Crime drama, with Peter Falk.

7.50 **NCIS** The team tries to trace the history of a gun believed to have been used in a murder on a naval base, and the family of the child who found the weapon comes under suspicion. (R)

8.45 **NCIS** CIA agent Trent Kort returns to track down a dangerous criminal, and Gibbs is forced to put his personal feelings aside to assist in the investigation. (R)

9.00 **Law & Order: Special Victims Unit.** A photograph of a murder scene is leaked online.

10.35 **Law & Order: Criminal Intent** A murder is linked to a cosmetic ity hospital

11.35 **True Crimes: The First 72 Hours.** A man is suspected of murdering his wife

12.00 SuperCasino **4.00** House Busters (R) **4.25** Divine Designs (R) **4.50** County Secrets (R) **5.05** Hana's Helpline (R) **5.15** The Milkshake! Show (R) **5.40** Thomas & Friends (R) **5.50** Roary the Racing Car (R)

DIGITAL

BBC Three
7.00 Merlin **7.45** Doctor Who **8.30** **Film:** Lara Croft: Tomb Raider (2001) **10.00** Granny's Comic Relief Late Nighter **11.25** Family Guy

BBC Four
7.00 Britain on Film: Dedicated Followers of Fashion **7.20** Nureyev – From Russia with Love **9.00** Spiral 4: State of Terror **11.10** Glen Campbell: The Rhinestone Cowboy

ITV2
5.45 **Film:** Beethoven's 2nd (1993) **7.30** **Film:** Hulk (2003) Comic strip adventure starring Eric Bana. **10.20** Celebrity Juice: Hunks Special **11.10** **Film:** Knocked Up (2007)

ITV3
3.35 **Film:** Summer Holiday (1963) **5.50** Agatha Christie's Poirot **6.55** Lewis: The death of an Oxford don leads to the shady underworld of unlicensed boxing. **9.00** Foyle's War **11.00** **Film:** Air America (1990)

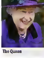
ITV4
3.00 **Film:** Where Eagles Dare (1968) **6.55** TT Legends **7.30** GT Academy **8.00** River Monsters: Deadliest Catfish **9.00** **Film:** Mars Attacks! (1996) **11.10** **Film:** Death Wish 2 (1981)

E4
3.30 Rules of Engagement **6.00** The Big Bang Theory **7.00** Happy Endings **8.00** How I Met Your Mother **8.30** 2 Broke Girls **9.00** **Film:** Transporter 2 (2005) **10.50** The Big Bang Theory **11.45** The Cleveland Show

Film4
2.45 The Thirty-Nine Steps (1959) **4.45** Love Happens (2009) **6.50** 27 Dresses (2008) **9.00** Good Morning, Vietnam (1987) Comedy drama, starring Robin Williams. **11.25** Julia's Eyes (2010) Premiere. Thriller starring Belén Rueda.

SUNDAY'S TV 17.03.13

CHOICE



The Queen

Our Queen
ITV, 8pm
In the past 12 months, the Queen has celebrated her Diamond Jubilee, learned she was going to become a great grandmother again, and parachuted into the Olympics. (Well, okay, she didn't really do that last one, but she did get to meet James Bond.) But how did the monarch really feel about her landmark year? This two-hour documentary should provide us with some insights as it follows the monarch over the course of 2012. But it's not all about the pageantry – there's also an examination of how the Queen manages with day-to-day demands.

BBC1

6.00 Breakfast **7.35** Match of the Day (R) **9.00** The Andrew Marr Show **10.00** The Big Questions **11.00** Sunday Politics; Weather for the Week Ahead **12.20** Countryfile: A Royal Appointment (R) **1.20** Call the Midwife (R) **2.20** Formula 1: Australian Grand Prix Highlights **4.20** Comic Relief – The Real Bits **5.20** Lifeline **5.30** Songs of Praise

6.00 **BBC News;** Regional News; Weather

6.30 **Countryfile** The team heads to Lyme Bay on the Dorset and east Devon coast, where Julia Bradbury explores a rich geological history that has made it very popular with fossil hunters.

7.30 **Antiques Roadshow** Fiona Bruce and the team travel to Chatham in Kent, where items include poison bottles and a gruesome spiked object believed to have been worn to ward off highwaymen. Red Button viewers can play along by guessing the valuations

8.30 **The Lady Vanishes** A socialite investigates the disappearance of a fellow train passenger – whom everyone else on board denies ever having seen. Mystery starring Tuppence Middleton

10.00 **BBC News** Regional News; Weather

10.25 **Match of the Day 2.** A review of the day's Premier League matches, which were Sunderland v Norwich City, Tottenham Hotspur v Fulham, Chelsea v West Ham United and Wigan Athletic v Newcastle United

11.45 **Regional Programme**

12.15 The Apprentice USA **1.00** Weatherview **1.05** BBC News

BBC2

6.00 This Is BBC Two **6.45** Film: Primrose Path (1940) **8.15** Life in a Cottage Garden with Carol Klein (R) **8.45** Gardeners' World (R) **9.15** The A to Z of TV Gardening **10.00** Saturday Kitchen Best Bites **11.30** The Little Paris Kitchen: Cooking with Rachel Khoo (R) **12.00** EastEnders (R) **1.55** Coast **2.15** Hairy Bikers' Best of British (R) **3.00** Restoration Home (R) **4.00** Figure Skating: World Championships Highlights

6.00 **Food & Drink** A discussion on entertaining trends, with guest Raymond Blanc. Last in the series. (R)

6.30 **Flog It!**

7.00 **Dragons' Den** A Welsh grandmother charms the Dragons as she tries to secure investment for her food website, while the usual rules of the Den are disregarded during a pitch from an ice cream brand. (R)

8.00 **Best of Top Gear** Highlights from the most recent series of the motoring magazine

9.00 **Toughest Place to Be a Farmer** A dairy farmer lives and works with labourers in Kenya

10.00 **Mock the Week Looks Back at Education** Highlights from the panel show on the theme of education

10.30 **It's Kevin** New series. Comedy sketches and songs starring Kevin Eldon

11.00 **Comic Relief – The Best Bits** Highlights from Friday's fundraising extravaganza.

12.00 Six Nations Rugby Union. **12.45** Film: Down in the Valley (2005) **2.35** Sign Zone: Holby City (R) **3.35** Being Eileen (R) **4.05** Comic Relief: Through Hell and High Water (R) **5.00** This is BBC Two.

ITV

6.00 CITV: Mickey Mouse Clubhouse **6.25** The Hive (R) **6.35** The Hive (R) **6.45** Dino Dan (R) **7.00** Dino Dan (R) **7.10** Canimals (R) **7.25** Canimals (R) **7.25** Beckaboo **7.40** Matt Hatter Chronicles (R) **8.06** Rated A for Awesome **8.15** Rated A for Awesome **8.30** Almost Naked Animals (R) **8.45** Almost Naked Animals (R) **9.00** The Aquabats! Super Show **9.25** ITV News **9.30** The Jeremy Kyle Show USA **10.25** Dickinson's Real Deal (R) **11.25** All Star Family Fortunes (R) **12.10** ITV News; Weather **12.15** Film: Carry On Don't Lose Your Head (1966) **2.00** Doc Martin (R) **3.00** Food Glorious Food (R) **4.00** Agatha Christie's Marple (R)

6.00 **You've Been Framed!** Comical clips featuring an exploding Seabag (R)

6.30 **Regional Programme** Weather

6.45 **ITV News** Weather

7.00 **Who Wants to Be a Millionaire? Best of Friends Special** With Sebastian Coe, Steve Cram, Louis Smith, Paul Hall, Sally Lindsay and Steve Wade.

8.00 **Our Queen** Feature-length documentary filmed throughout 2012, providing a portrait of Elizabeth II during her Diamond Jubilee year

10.00 **Perspectives: David Suchet – The Mystery of Agatha Christie** New series. The Poirot star explores the life and work of the crime writer

11.00 **ITV News** Weather

11.15 **Anglo-Welsh Cup Rugby Union** Extended highlights of the final in Worcester

12.15 The Store **2.15** Monk (R) **3.00** ITV Nightscreen **5.00** The Jeremy Kyle Show (R)

CHANNEL 4

6.10 The Hoobs (R) **6.35** The Hoobs (R) **7.05** Will & Grace (R) **7.30** Everybody Loves Raymond (R) **7.55** Everybody Loves Raymond (R) **8.25** Frasier (R) **8.55** Frasier (R) **9.30** Sunday Brunch **12.05** The Big Bang Theory (R) **12.30** The Big Bang Theory (R) **1.00** The Big Bang Theory (R) **1.25** The Simpsons (R) **1.55** The Simpsons (R) **2.25** Film: Picture Perfect (1997) **4.25** Time Team **5.30** Deal or No Deal

6.25 **Channel 4 News.**

6.55 **4thought.tv** As the UN urges more and more people to turn to a vegan diet it needed to save the world from hunger, members of the public consider whether it is morally wrong to eat meat every day

7.00 **Come Dine with Me** Former Miss Rugby Jade Hilton, film and TV extra Susan Gillis, recruitment boss Les Bunting and academic Alan James compete for the £1,000 prize in Warwickshire. (R)

8.00 **The Secret Millions** New series. Five celebrities work with charities developing innovative projects and poverty try to secure £2million in lottery funds to help turn ideas into reality

9.00 **Film: Salt** (2010) Premiere. A CIA agent goes on the run after she is accused of being a sleeper assassin sent to kill the Russian president. Action thriller with Angelina Jolie

11.00 **Film: Sunshine** (2007) Sci-fi thriller starring Cillian Murphy and Angelina Jolie.

1.00 How to Build a Bionic Man (R) **1.55** Film: Silent Light (2007) **4.15** St Elsewhere (R) **5.00** Deal or No Deal (R) **5.45** Baking Mad with Eric Lanlard (R)

CHANNEL 5

6.00 Milkshake! **6.00** Peppa Pig **6.05** Roary the Racing Car (R) **6.15** Fifi and the Flowertots (R) **6.25** Bert and Ernie's Great Adventures (R) **6.30** The Mr Men Show (R) **6.45** Olive the Ostrich (R) **6.50** Abby's Flying Fairy School (R) **7.00** Noddy's and Custard Too (R) **7.05** Bananas in Pyjamas (R) **7.20** Animal Antics (R) **7.25** Make Way for Noddy (R) **7.35** City of Friends (R) **7.50** Little Princess (R) **8.00** The Adventures of Bottle Top Bill and His Best Friend Corky (R) **8.15** Angelina Ballerina (R) **8.30** Mio Mao (R) **8.45** Rupert Bear (R) **9.00** Ben and Holly's Little Kingdom (R) **9.10** Toby's Travelling Circus **9.25** Roary the Racing Car (R) **9.45** Jelly Jamm (R) **10.00** Power Rangers Samurai (R) **10.35** Batman: The Brave and the Bold **11.00** Inside Hollywood **11.10** Once Upon a Time (R) **12.05** Cowboy Builders (R) **1.00** **Film** Scooby-Doo 2: Monsters Unleashed (2004) **2.50** **Film** Sabrina the Teenage Witch (1996) **4.40** **Film:** Surf's Up (2007)

6.10 **5 News Weekend**

6.15 **Film: Ace Ventura: When Nature Calls** (1995) Comedy sequel, starring Jim Carrey

8.00 **Film: Legally Blonde** (2001) Comedy with Reese Witherspoon and Luke Wilson

10.00 **Person of Interest** Carter gains further insight into Reese's secret life

10.55 **Film: The Long Kiss Goodnight.** (1996) Action thriller starring Geena Davis.

1.10 SuperCasino **4.00** HouseBusters (R) **4.25** Divine Designs (R) **4.50** County Secrets (R) **5.05** Hana's Helpline (R) **5.15** The Milkshake! Show (R) **5.45** Thomas & Friends (R) **5.55** Roary the Racing Car (R)

DIGITAL

BBC Three
7.00 Fern's Greatest Dance Crazes **7.10** Great Movie Mistakes IV: May the Fourth Be with You **8.10** **Film:** Lara Croft: Tomb Raider – The Cradle of Life (2003) **10.00** In the Flesh **11.00** Ghostown 42 **11.30** Family Guy

BBC Four
7.00 The Many Faces of Les Dawson **8.00** Parks and Recreation **8.45** Microcosmic: The Private Life of Insects **9.00** The Incredible Story of the Monarch Butterfly: Four Wings and a Prayer **10.00** **Film** Apocalypto (2006)

ITV2
9.10 Ant & Dec's Saturday Night Takeaway **4.35** **Film:** Richie Rich (1994) **6.25** **Film:** King Kong (2005) **10.00** The Only Way Is Essex **10.00** Big Rich Texas **11.50** Celebrity Juice: Hunks Special

ITV3
3.50 Cornwall with Caroline Quentin **4.50** Murder, She Wrote **5.00** Wycliffe **5.50** Agatha Christie's Poirot **8.00** Lewis **10.00** **Film:** The Elephant Man (1980)

ITV4
3.55 **Film:** All Quiet on the Western Front (1930) **7.00** Fatima Moreira Sports Life Stories **8.10** Anglo-Welsh Cup Rugby Union **8.00** **Film:** Tremors (1989) **10.55** **Film** Species: The Awakening (2007)

E4
4.25 Revenge **5.30** The Big Bang Theory **6.30** New Girl **7.00** How I Met Your Mother **8.00** **Film** Transformers (2007) **10.00** Andy Toffin 2012 **11.50** The Body Shocking Show

Film4
3.00 The Lady Vanishes (1979) **5.05** Aquamarine (2006) **7.10** Fantastic Four: Rise of the Silver Surfer (2007) **9.00** Ghost (1990) **11.25** Don't Look Now (1973)

Monday

BBC1 6.00 Breakfast. 9.15 Heir Hunters. 10.00 Homes Under the Hammer (R) 11.00 Caught Red Handed. 11.30 Real Rescues. 12.15 Bargain Hunt. (R) 1.00 BBC News; Weather. 1.30 Regional News; Weather. 1.45 Doctors. 2.15 WPC 56. 3.00 Beat the Pack. 3.45 Countryside 999. 4.30 Flog It! 5.15 Pointless. 6.00 BBC News; Weather. 6.30 Regional News Programmes; Weather. 7.00 The One Show. 7.30 Hang Goes the Theory. BBC News; Regional News. 8.00 EastEnders. 8.30 A Question of Sport. 9.00 Motorway Cops. 10.00 BBC News. 10.25 Regional News; Weather. 10.35 The Spies Who Fooled the World – Panorama. 11.35 Live at the Apollo. (R) 12.20 The Apprentice USA. 1.05 Weatherview. 1.10 BBC News.

BBC2 6.00 This is BBC Two. 6.05 Homes Under the Hammer (R) 7.05 Real Rescues (R) 7.50 Caught Red Handed (R) 8.20 Sign Zone: Heir Hunters (R) 9.05 Great British Menu (R) 9.35 Countryfile: A Royal Appointment. (R) 10.35 Click (R) 11.00 BBC News. 11.30 BBC World News. 12.00 Daily Politics. 1.00 Animal Park. (R) 1.30 Coast. (R) 1.40 Six Nations Rugby Union (R) 2.25 Classic Mastermind (R) 2.55 How We Won the War (R) 3.25 Raymond Blanc's Kitchen Secrets. (R) 3.55 Raymond Blanc's Kitchen Secrets (R) 4.25 The Trials of Life (R) 5.15 Vintage Antiques Roadshow (R) 6.00 Eggheads (R) 6.30 Country Show Cook Off 7.00 Great Continental Railway Journeys. 7.30 Great British Menu 8.00 University Challenge 8.30 Paul Hollywood's Bread. 9.00 The Challenger. 10.30 Newsnight; Weather. 11.20 Toughest Place to Be a Farmer (R) 12.20 Sign Zone: Meet the Izzards. (R) 1.20 This is BBC Two. 3.55 BBC Learning Zone.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News; Weather. 1.55 ITV News London; Weather. 2.00 Dickinson's Real Deal. (R) 3.00 The Alan Titchmarsh Show. 3.59 ITV London Weather. 4.00 Ade in Britain. 5.00 The Chase. 6.00 ITV News London; Weather. 6.30 ITV News; Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 James Nesbitt's Ireland. 8.30 Coronation Street. 9.00 Broadchurch. 10.00 ITV News at Ten; Weather. 10.30 ITV News London; Weather. 10.35 The Agenda. 11.05 Monk. (R) 12.00 Jackpot247. 3.00 Champions League Weekly. 3.25 ITV Nightscreen. 5.05 The Jeremy Kyle Show (R)

Channel 4 6.10 The Hoobs. (R) 6.45 The Hoobs (R) 7.05 According to Jim. (R) 7.30 Everybody Loves Raymond. (R) 7.55 Everybody Loves Raymond (R) 8.30 Frasier (R) 9.00 Frasier (R) 9.30 Frasier (R) 10.00 Grand Designs Australia. 11.00 Phil Spencer: Secret Agent (R) 12.00 Channel 4 News Midday Summary. 12.05 Come Dine with Me. (R) 12.35 What's Cooking? 1.45 A Place in the Sun: Home or Away. 2.45 Countdown. 3.30 The Common Denominator. 4.00 Deal or No Deal. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought.tv. 8.00 Rich and on Benefits: Channel 4 Dispatches. 8.30 SuperScrimpers. 9.00 Embarrassing Bodies. 10.00 Ramsay's Kitchen Nightmares USA. 11.45 Secrets of the Pickpockets. (R) 12.05 Random Acts. 12.10 Shameless. (R) 1.05 The Shooting Gallery (R) 2.00 Coming Up (R) 2.35 Get Your House in Order (R) 3.25 The Renovation Game. (R) 4.20 Come Dine with Me. (R) 5.15 Deal or No Deal. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Trisha. 12.00 Looney Tunes. (R) 12.05 5 News Lunchtime. 12.15 London: The Inside Story. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 NCIS. (R) 3.10 Film: Montana Sky (2007) Drama, starring Ashley Williams. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Police Interceptors. (R) 5 News Update. 8.00 World's Scariest Near Misses. (R) 5 News at 9. 9.00 Robson's Extreme Fishing Challenge. Robson Green heads to Hawaii to compete against the American state's best anglers. 10.00 Bomb Patrol. 11.00 Film: Revolver (2005) Crime drama, starring Jason Statham. 1.15 SuperCasino. 3.55 Divine Designs. (R) 4.20 Great Artists. (R) 4.45 Great Scientists. (R) 5.10 HouseBusters. (R)

Tuesday

BBC1 6.00 Breakfast. 9.15 Heir Hunters. 10.00 Homes Under the Hammer (R) 11.00 Caught Red Handed. 11.30 Real Rescues. 12.15 Bargain Hunt. (R) 1.00 BBC News; Weather. 1.30 Regional News; Weather. 1.45 Doctors. 2.15 WPC 56. 3.00 Beat the Pack. 3.45 Countryside 999. 4.30 Flog It! 5.15 Pointless. 6.00 BBC News; Weather. 6.30 Regional News Programmes; Weather. 7.00 The One Show. 7.30 EastEnders; BBC News; Regional News. 8.00 Holby City. 9.00 The Syndicate. 10.00 BBC News. 10.25 Regional News; Weather; National Lottery Update. 10.35 The Matt Lucas Awards. 11.05 Cuckoo. 11.35 Who Do You Think You Are? US. 12.15 Film: The Year of Living Dangerously (1982) Political thriller, starring Mel Gibson. 2.05 Weatherview. 2.10 BBC News.

BBC2 6.00 This is BBC Two. 6.05 Homes Under the Hammer. (R) 7.05 Real Rescues. (R) 7.50 Caught Red Handed (R) 8.20 Sign Zone: Heir Hunters (R) 9.05 Great British Menu. (R) 9.35 Natural World: Kangaroo Dundee. (R) 10.35 HARDtalk. (R) 11.00 BBC News. 11.30 BBC World News. 12.00 Daily Politics. 1.00 Animal Park. (R) 1.30 Lifeline. (R) 1.40 The Super League Show. 2.25 Classic Mastermind. (R) 2.55 How We Won the War. (R) 3.25 Raymond Blanc's Kitchen Secrets. (R) 3.55 Raymond Blanc's Kitchen Secrets. (R) 4.25 The Trials of Life. (R) 5.15 Vintage Antiques Roadshow (R) 6.00 Eggheads (R) 6.30 Country Show Cook Off. 7.00 Great Continental Railway Journeys. 7.30 Great British Menu. 8.00 Alex Polizzi: The Fixer. 9.00 The Railway: Keeping Britain on Track. 10.00 Heading Out. 10.30 Newsnight; Weather. 11.20 Horizon: The Creative Brain – How Insight Works. (R) 12.20 Sign Zone: The Railway: Keeping Britain on Track. (R) 1.20 This is BBC Two. 4.00 BBC Learning Zone.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News; Weather. 1.55 ITV News London; Weather. 2.00 Dickinson's Real Deal. (R) 3.00 The Alan Titchmarsh Show. 3.59 ITV London Weather. 4.00 Ade in Britain. 5.00 The Chase. 6.00 ITV News London; Weather. 6.30 ITV News; Weather. 7.00 Emmerdale. 7.30 River Monsters. 8.00 Midsomer Murders. (R) 10.00 ITV News at Ten; Weather. 10.30 ITV News London; Weather. 10.35 The Jonathan Ross Show. (R) 11.40 Piers Morgan's Life Stories: Rayne Trellis (R) 12.30 Jackpot247. 3.00 Loose Women. (R) 3.45 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 6.10 The Hoobs. (R) 6.35 The Hoobs. (R) 7.05 According to Jim. (R) 7.30 Everybody Loves Raymond. (R) 7.55 Everybody Loves Raymond. (R) 8.30 Frasier. (R) 9.00 Frasier. (R) 9.30 Frasier. (R) 10.00 Grand Designs Australia. 11.00 Phil Spencer: Secret Agent. (R) 12.00 Channel 4 News Midday Summary. 12.05 Come Dine with Me. (R) 12.35 What's Cooking? 1.45 A Place in the Sun: Home or Away. 2.45 Countdown. 3.30 The Common Denominator. 4.00 Deal or No Deal. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought.tv. 8.00 Bedtime Live. 9.00 15 Kids and Counting. 10.00 Shameless. 11.05 Random Acts. 11.10 The Town That Caught Tourette's. (R) 12.15 European Poker Tour. 1.10 KOTV Boxing Weekly. 1.40 Sailing: America's Cup Uncovered. 2.05 The Grid. (R) 2.30 Freshly on 4. 3.00 Best of British: Rising for Gold. (R) 3.55 Deal or No Deal. (R) 4.50 Come Dine with Me. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Trisha. 12.00 Looney Tunes. (R) 12.05 5 News Lunchtime. 12.15 London: The Inside Story. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 NCIS. (R) 3.10 Film: Sex and Lies in Sin City: The Ted Binion Scandal (2008) Fact-based crime drama, starring Matthew Modine. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Cowboy Builders. (R) 5 News Update. 8.00 Whale Adventure with Nigel Marven. 5 News at 9. 9.00 CSI: Crime Scene Investigation. 10.00 CSI: NY. (R) 10.55 Dallas. 12.00 CSI: Miami. (R) 12.55 SuperCasino. 3.55 Divine Designs. (R) 4.20 Great Artists. (R) 4.45 Great Scientists. (R) 5.10 HouseBusters. (R) 5.35 Wildlife SOS. (R)

Wednesday

BBC1 6.00 Breakfast. 9.15 Heir Hunters. 10.00 Homes Under the Hammer (R) 11.00 Caught Red Handed. 11.30 Real Rescues. 12.15 Bargain Hunt. (R) 1.00 BBC News; Weather. 1.30 Regional News; Weather. 1.45 Doctors. 2.15 WPC 56. 3.00 Beat the Pack. 3.45 Countryside 999. 4.30 Flog It! 5.15 Pointless. 6.00 BBC News; Weather. 6.30 Regional News Programmes; Weather. 7.00 The One Show. BBC News; Regional News. 8.00 MasterChef. 9.00 Crimewatch. 10.00 BBC News. 10.25 Regional News; Weather; National Lottery Update. 10.35 Crimewatch Update. 10.45 A Question of Sport. (R) 11.15 Film: The Guardian (2006) Drama, starring Kevin Costner. 1.30 Weatherview. 1.35 BBC News.

BBC2 6.00 Homes Under the Hammer. (R) 7.00 Real Rescues. (R) 7.45 Caught Red Handed. (R) 8.15 Sign Zone: Heir Hunters. (R) 9.00 Great British Menu. (R) 9.30 Food & Drink. (R) 10.00 Great British Railway Journeys. (R) 10.30 See Hear. 11.00 BBC News. 11.30 Budget 2013. 3.30 Raymond Blanc's Kitchen Secrets. (R) 4.00 Raymond Blanc's Kitchen Secrets. (R) 4.30 Coast. (R) 5.15 Vintage Antiques Roadshow. (R) 6.00 Eggheads. (R) 6.30 Country Show Cook Off. 7.00 Great Continental Railway Journeys. 7.30 Great British Menu. 8.00 A Very British Wedding. 9.00 Iraq: Did My Son Die in Vain? 10.00 The Culture Show. 10.30 Newsnight; Weather. 11.20 The Railway: Keeping Britain on Track. (R) 12.20 Sign Zone: See Hear. (R) 12.50 This is BBC Two. 4.00 BBC Learning Zone.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.15 The Chancellor's Budget 2013; Weather. 1.59 ITV News London; Weather. 2.00 Dickinson's Real Deal. (R) 3.00 The Alan Titchmarsh Show. 3.59 ITV London Weather. 4.00 Ade in Britain. 5.00 The Chase. 6.00 ITV News London; Weather. 6.30 ITV News; Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Food Glorious Food. 9.00 Lightfields. 10.00 ITV News at Ten; Weather. 10.30 ITV News London; Weather. 10.35 Gareth Thomas: Sports Life Stories. 11.35 Safari Vet School. (R) 12.05 Jackpot247. 3.00 Film: Columbo: Mind Over Mayhem (1974) Detective drama, with Peter Falk. 4.15 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 6.10 The Hoobs. (R) 6.35 The Hoobs. (R) 7.05 According to Jim. (R) 7.30 Everybody Loves Raymond. (R) 7.55 Everybody Loves Raymond. (R) 8.30 Frasier. (R) 9.00 Frasier. (R) 9.30 Frasier. (R) 10.00 Grand Designs Australia. 11.00 Phil Spencer: Secret Agent. (R) 12.00 Channel 4 News Midday Summary. 12.05 Come Dine with Me. (R) 12.35 What's Cooking? 1.45 A Place in the Sun: Home or Away. 2.45 Countdown. 3.30 The Common Denominator. 4.00 Deal or No Deal. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought.tv. 8.00 Obsessive Compulsive Cleaners. 9.00 One Born Every Minute. 10.00 The Mimic. 10.35 Anna & Katy. 11.05 Gogglebox. (R) 11.50 Random Acts. 11.55 Strictly Baby Disco. (R) 12.55 The New Normal. 1.15 Revenge. 2.10 Film: Pushing Tin (1999) Comedy drama, starring John Cusack. 4.15 Come Dine with Me. (R) 5.10 Countdown. (R) 5.55 Kirstie's Homemade Treasures. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Trisha. 12.00 Looney Tunes. (R) 12.05 5 News Lunchtime. 12.15 Dangerous Drivers' School. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 NCIS. (R) 3.15 Film: Imaginary Friend (2012) Premiere. Thriller, starring Lacey Chabert. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Robson's Extreme Fishing Challenge. (R) 5 News Update. 8.00 Rolf's Animal Clinic. (R) 5 News at 9. 9.00 NCIS. Part one of two. Gibbs and the team are called in to help identify dead US marines among the wreckage of a military aircraft transporting their bodies back home. 10.00 Law & Order: Special Victims Unit. (R) 10.00 CSI: Crime Scene Investigation. (R) 11.55 The Aussie Millions Poker Championship. 12.05 SuperCasino. 3.55 Divine Designs. (R) 4.20 Great Artists. (R) 4.45 Great Scientists. (R)

Thursday

BBC1 6.00 Breakfast. 9.15 Heir Hunters. 10.00 Homes Under the Hammer (R) 11.00 Caught Red Handed. 11.30 Real Rescues. 12.15 Bargain Hunt. (R) 1.00 BBC News; Weather. 1.30 Regional News; Weather. 1.45 Doctors. 2.15 WPC 56. 3.00 Beat the Pack. 3.45 Countryside 999. 4.30 Flog It! 5.15 Pointless. 6.00 BBC News; Weather. 6.30 Regional News Programmes; Weather. 7.00 The One Show. 7.30 EastEnders; BBC News; Regional News. 8.00 MasterChef. 9.00 Prisoners' Wives. 10.00 BBC News. 10.25 Regional News; Weather. 10.35 Question Time. 11.35 This Week. 12.20 Skiing Weatherview. 12.25 BBC News.

BBC2 6.00 This is BBC Two. 6.05 Homes Under the Hammer. (R) 7.05 Real Rescues. (R) 7.50 Caught Red Handed. (R) 8.20 Sign Zone: Heir Hunters. (R) 9.05 Great British Menu. (R) 9.35 Great British Menu. (R) 10.05 Great British Railway Journeys. (R) 10.30 HARDtalk. (R) 11.00 BBC News. 11.30 BBC World News. 12.00 Daily Politics. 1.00 Animal Park. (R) 2.00 Classic Mastermind. (R) 2.30 Enthronement of the Archbishop of Canterbury. 4.30 Coast. 5.15 Vintage Antiques Roadshow. (R) 6.00 Eggheads. (R) 6.30 Country Show Cook Off. 7.00 Great Continental Railway Journeys. 7.30 Great British Menu. 8.00 The Planners. 9.00 Horizon: How to Avoid Mistakes in Surgery. 10.00 How TV Ruined Your Life. (R) 10.05 Newsnight; Weather. 11.20 Iraq: Did My Son Die in Vain? (R) 12.20 The Culture Show. (R) 12.50 Sign Zone: Your Paintings: A Culture Show Special. (R) 1.50 This is BBC Two. 5.00 BBC Learning Zone.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News; Weather. 1.55 ITV News London; Weather. 2.00 Dickinson's Real Deal. (R) 3.00 The Alan Titchmarsh Show. 3.59 ITV London Weather. 4.00 Ade in Britain. 5.00 The Chase. 6.00 ITV News London; Weather. 6.30 ITV News; Weather. 7.00 Emmerdale. 7.30 America and Its Guns: Tonight. 8.00 Emmerdale. 8.30 The Martin Lewis Money Show. 9.00 Home Delivery. 10.00 ITV News at Ten; Weather. 10.30 ITV News London; Weather. 10.35 Who Killed My Dad? – The Death of Terry Lloyd. 11.50 The Late Debate. 12.15 Jackpot247. 3.00 America and Its Guns: Tonight. (R) 3.25 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

Channel 4 6.10 The Hoobs. (R) 6.35 The Hoobs. (R) 7.05 According to Jim. (R) 7.30 Everybody Loves Raymond. (R) 7.55 Everybody Loves Raymond. (R) 8.25 Frasier. (R) 8.00 Frasier. (R) 8.25 Frasier. (R) 10.00 Grand Designs Australia. 11.00 Phil Spencer: Secret Agent. (R) 12.00 Channel 4 News Midday Summary. 12.05 Come Dine with Me. (R) 12.35 What's Cooking? 1.45 A Place in the Sun: Home or Away. 2.45 Countdown. 3.30 The Common Denominator. 4.00 Deal or No Deal. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought.tv. 8.00 Britain's Secret Shoppers. 9.00 Born to Be Different. 10.00 Gogglebox. 10.50 Embarrassing Bodies. (R) 11.50 Random Acts. 11.55 Extreme A&E. (R) 12.55 What Destroyed the Hindenburg? (R) 1.50 Rich and on Benefits: Channel 4 Dispatches. (R) 2.25 Hugh's Fish Fight: Save Our Seas. (R) 3.20 Come Dine with Me. (R) 4.15 Deal or No Deal. (R) 5.10 Countdown. (R) 5.55 Kirstie's Handmade Treasures. (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Trisha. 12.00 Looney Tunes. (R) 12.05 5 News Lunchtime. 12.15 Dangerous Drivers' School. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 The Mentalist. (R) 3.15 Film: Murder 101: College Can Be Murder (2007) Murder mystery, starring Dick Van Dyke. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Whale Adventure with Nigel Marven. (R) 5 News Update. 8.00 Cowboy Builders. 5 News at 9. 9.00 Killers Behind Bars. Stephen Griffiths – The Crossbow Cannibal. 10.00 Britain's Worst Serial Killers. Dennis Nilsen. Documentary probing the infamous murderer. 11.00 Banged Up Abroad. 12.00 SuperCasino. 3.55 House Doctor. (R) 4.20 Great Artists. (R) 4.45 Great Scientists. (R) 5.10 HouseBusters. (R) 5.35 Wildlife SOS. (R)

Friday

BBC1 6.00 Breakfast. 9.15 Heir Hunters. 10.00 Homes Under the Hammer (R) 11.00 Caught Red Handed. 11.30 Real Rescues. 12.15 Bargain Hunt. (R) 1.00 BBC News; Weather. 1.30 Regional News; Weather. 1.45 Doctors. 2.15 WPC 56. 3.00 Beat the Pack. 3.45 Countryside 999. 4.30 Flog It! 5.15 Pointless. 6.00 BBC News; Weather. 6.30 Regional News Programmes; Weather. 7.00 The One Show. 7.00 Rip Off Britain. (R) BBC News; Regional News. 8.00 EastEnders. 8.30 MasterChef. 9.00 New Tricks. (R) 10.00 BBC News. 10.25 Regional News; Weather; National Lottery Update. 10.35 The Graham Norton Show. 11.20 The Matt Lucas Awards. (R) 11.50 Film: Scream (1996) Horror, starring Neve Campbell. 1.35 Weatherview. 1.40 BBC News.

BBC2 6.00 Homes Under the Hammer. (R) 7.00 Real Rescues. (R) 7.45 Caught Red Handed. (R) 8.15 Sign Zone: Heir Hunters. (R) 9.00 Holiday Hit Squad. (R) 10.00 Question Time. (R) 11.00 BBC News. 11.30 BBC World News. 12.00 Daily Politics. 1.00 Animal Park. (R) 1.30 Coast. (R) 1.40 Weekend Link. (R) 2.25 Classic Mastermind. (R) 2.55 How We Won the War. (R) 3.25 Raymond Blanc's Kitchen Secrets. (R) 3.55 Raymond Blanc's Kitchen Secrets. (R) 4.25 The Trials of Life. (R) 5.15 Vintage Antiques Roadshow. (R) 6.00 Eggheads. (R) 6.30 Country Show Cook Off. 7.00 Great Continental Railway Journeys. 7.30 Great British Menu. 8.00 Mastermind. 8.30 Gardeners' World. 9.00 Ancient Egypt: Life and Death in the Valley of the Kings. 10.00 QI. (R) 10.30 Newsnight. 11.05 The Review Show. 11.45 Weather. 11.50 Film: Beyond the Pitch (2009) Premiere. Romantic drama, starring Scott Williams and Cara Seymour. 1.05 Sign Zone: The Lady Vanishes. (R) 2.35 Question Time. (R) 3.35 This is BBC Two.

ITV 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News; Weather. 1.55 ITV News London; Weather. 2.00 Dickinson's Real Deal. (R) 3.00 The Alan Titchmarsh Show. 3.59 ITV London Weather. 4.00 Ade in Britain. 5.00 The Chase. 6.00 ITV News London; Weather. 6.30 ITV News; Weather. 7.00 Emmerdale. 7.30 Live International Football: San Marino v England (Kick-off 8.00pm). 10.10 ITV News; Weather. 10.40 ITV News London; Weather. 10.45 International Football Highlights. 11.50 River Monsters. (R) 12.15 Jackpot247. 3.00 Film: Columbo: Publish or Perish (1974) Crime drama, starring Peter Falk. 4.15 ITV Nightscreen.

Channel 4 6.10 The Hoobs. (R) 6.35 The Hoobs. (R) 7.05 According to Jim. (R) 7.30 Everybody Loves Raymond. (R) 7.55 Everybody Loves Raymond. (R) 8.25 Frasier. (R) 9.00 Frasier. (R) 9.30 Frasier. (R) 10.00 Grand Designs Australia. 11.00 Phil Spencer: Secret Agent. (R) 12.00 Channel 4 News Midday Summary. 12.05 Come Dine with Me. (R) 12.35 What's Cooking? 1.45 A Place in the Sun: Home or Away. 2.45 Countdown. 3.30 The Common Denominator. 4.00 Deal or No Deal. 5.00 Come Dine with Me. (R) 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 4thought.tv. 8.00 Come Dine with Me. 9.00 8 Out of 10 Cats. 9.30 The Last Leg. 10.00 Alan Carr: Chatty Man. 11.10 Jimmy Carr: Being Funny. (R) 12.10 Random Acts. 12.15 Film: Midnight Express (1978) Fact-based prison drama, starring Brad Davis. 2.20 2 Broke Girls. 2.45 Happy Endings. (R) 3.05 Mmmmm Boy. (R) 3.25 Come Dine with Me. (R) 4.20 Deal or No Deal. (R)

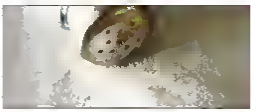
Channel 5 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Trisha. 12.00 Looney Tunes. (R) 12.05 5 News Lunchtime. 12.15 Dangerous Drivers' School. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 Person of Interest. (R) 3.15 Film: NYC: Tornado Terror (2008) Disaster thriller, starring Nicole de Boer. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 World's Scariest Near Misses. (R) 5 News Update. 8.00 Ice Road Truckers. 5 News at 9. 9.00 The Mentalist. 10.00 CSI: Crime Scene Investigation. (R) 10.55 CSI: Crime Scene Investigation. (R) 11.55 Inside Hollywood. (R) 12.00 SuperCasino. 3.55 Motorsport Mundial. 4.20 Great Artists. (R) 4.45 Great Scientists. (R) 5.10 HouseBusters. (R)



Food & Drink

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Drive to cut salt in food



FOOD companies are being urged to change their recipes under a new Government drive to reduce people's salt consumption by a quarter.

Public Health Minister Anna Soubry wants more firms to sign up to a new "Responsibility Deal" aimed at improving the health of the nation.

The goal is to reduce the daily salt intake from an 8.1 grams-a-day average to six grams.

The minister said: "Through the Responsibility Deal, we are working with the food industry to make sure people are given healthier options with less salt in their favourite foods.

"The UK is world leading in salt reduction but more needs to be done. This is because eating too much salt can have a serious impact on people's health – causing high blood pressure, which could lead to heart disease and stroke."

Sainsbury's shortlisted for a record number FreeFrom Food Awards categories



SAINSBURY'S Freefrom food range has been nominated for seven categories at this year's FreeFrom Food Awards.

Products making the coveted shortlist include Sainsbury's Freefrom Cornflakes, Freefrom Pizza, Tikka Sauce, Mini Crisps, Soft Brown Seeded Bread and Ice Rich Fruit Slices as well as the Cherry & Almond Slice, exclusively available in Sainsbury's store cafés. Gluten free Taste the Difference Pork & Bramley Apple Sausages have also been selected in the Ready Meals category, despite not being a freefrom-specific product.

Now in its sixth year, the awards ceremony will be held in London on April 16th. All finalists are judged by chefs, food writers, nutritionists and dieticians, making each award respected throughout the industry.

Last year Sainsbury's was shortlisted for three and won Best Cereal with its FreeFrom Oaty Granola. It was the only retailer of the big four supermarkets to win an award last year.

Sainsbury's Freefrom Brand Manager, Gemma Crump, says: "It's great that such a wide spread of our Freefrom products have been shortlisted as it shows the work we've done to improve recipes and expand the range is really paying off."

Sainsbury's Freefrom range offers over 257 products, making it easier for those suffering with food allergies and intolerances to have delicious food – and enjoy treats – just like everybody else.

Commenting on the shortlist, Michelle Berriedale-Johnson, editor of FoodsMatter and chair of the judging sessions said: "We had a record breaking number of entries this year and would like to congratulate Sainsbury's and all the shortlisted companies. As well as a 37% increase in the number of products entered, the range of products has widened and there's been a noticeable increase in quality and innovation."

Diners at world's best restaurant offered refund for poisoning



Noma's co-owner, founder and executive chef Rene Redzepi pictured outside the Copenhagen restaurant

NOMA, the world's top rooked restaurant, has offered to reimburse dozens of diners who suffered food poisoning.

Denmark's two Michelin-star Noma restaurant said that tests had shown the poisoning was caused by the stomach bug norovirus, which was brought in by a staff member.

Sixty-three customers fell ill over five days, health officials said.

Noma said customers could choose between a refund or free meal, if they dared to return. A menu at Noma costs 1500 kroner (£174). Drinks are extra.

The restaurant has been ranked No. 1 in the world by Restaurant magazine for the past three years.

Inspectors from the Danish food ministry criticised the restaurant for not alerting authorities quickly enough and for failing to take adequate action after the worker fell ill.

Noma blamed a delay in disinfecting the restaurant's kitchen on internal communication problems.

Even when members of two separate dining parties complained by email, and one employee reported being ill after handling food, no measures were taken the next day.

Tesco launches industry-leading price comparison coupon

TESCO has launched the UK's first automatic price comparison coupon covering both branded and own label products.

Price Promise compares the overall cost of a basket of branded, own label and fresh food groceries and matches the prices against the same or equivalent products from Asda, Morrisons and Sainsbury's.

If the basket would have been cheaper elsewhere, a coupon for the difference in price, up to a maximum of £10, will be issued automatically to the customer at the till, when they receive their shopping receipt. Tesco.com customers will receive their coupon by email.

According to Kantar data, around 50 per cent of the average UK shopping basket consists of own label goods.

To ensure the price comparison is as comprehensive as possible, it will also cover promotions including "half price" and "buy one, get one free" offers at Tesco and at other supermarkets.

To qualify for Price Promise, customers must purchase a basket containing a minimum of 10 different products, at least one of which is comparable.

The own label comparisons include the Tesco Everyday Value range.

Chris Bush, UK Managing Director at Tesco, said:

"We're working hard to build a better Tesco for our customers in the UK, and



Price Promise is an important part of that. It gives our customers complete confidence that they won't lose out by shopping at Tesco.

"We know that most of our customers already save money by shopping at Tesco. On those few occasions where they could have got a better deal elsewhere, we'll make sure we give them back the difference.

"We're the first major retailer in the UK to compare our prices against the branded and own label prices of our competitors and give customers an automatic coupon for the difference.

"Together with the Clubcard points our customers collect, Tesco offers exceptional value at a time when many families are watching the pennies."

The automatic Price Promise has been trialled over the last few months with customers in Northern Ireland, and the decision to launch nationwide follows their positive feedback. Previously, customers were able to receive Price Promise coupons by logging on to the Price Promise website.

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The King of berries – The black raspberry!

THIS IS a great and relatively new super food that is growing in popularity daily that I think everyone should know about. The black raspberry is amazingly nutritious and can be grown right here in the UK. There is a particular variety, which has been named Mac Black, which apparently has a more intense flavor than the traditional red versions, (subject to your own taste buds!) but perhaps more importantly, it is also said to include relatively high levels of compounds, which scientists have identified as helping to prevent cancer.

The Mac Blacks are rich in ellagic acid, anthocyanins and antioxidants, and have been called the king of berries for their superior health benefits.

Antioxidants are known to help destroy free radicals, the harmful molecules which gather in the body and can damage cells causing disease. There are so many studies going on right now around this little power berry, which have found significant decreases in colon tumors in rats and esophageal tumors in mice fed a diet with black raspberries. Brilliantly they have also shown that extracts of raspberries and blackberries may slow the growth of breast, cervical, colon and esophageal cancers. This is so encouraging and hopeful and proven time and time again how powerful natures little fruits really are. New clinical trials have begun



Denise Kelly

to assess the effects of black raspberries on colon and esophageal cancers in humans.

This wonder fruit is as juicy as a blackberry but has the texture and sweetness of a raspberry. The Mac Black raspberries originate from North America and were brought over to the UK five years ago by the UK's biggest berry growers Hall Hunter, near Twyford, Berkshire. It has taken since then to propagate and generate commercial volumes. However, the price of health and novelty is far from cheap, as a small 125g punnet costs roughly £2. Berries have had a lot of great publicity over the last few years because of their supposed great health qualities. So here is hoping that this year we have the perfect growing conditions with a warm spring to make the fruit especially juicy. I think the Mac Black could become a future star among berries and one day may even be more popular than the traditional red variety.



black raspberry

Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester, West Sussex and is the founder of K4 Fit Kidz. Tel: 01243 528040 www.denisekelly.co.uk

Eat your greens

Did you know if you consume kale every day you will reap these benefits...

1. Kale eases lung congestion and is beneficial to the stomach, liver and immune system
2. It contains lutein and zeaxanthin, which protect the eyes from macular degeneration
3. It also contains indole-3-carbinol, which may protect against colon cancer
4. Kale is an excellent source of calcium, iron, vitamins A and C, and chlorophyll.

Don't forget you can juice kale in order to get extra volumes of this great vegetable into your system. A handful of kale mixed with half a cucumber, 2 sticks of celery, one lemon and an apple will send your energy through the roof! Try it for one week and prove me wrong. Enjoy the new spring in your step!

Stop ignoring snoring

SNORING is a problem most commonly associated with men, but with 30% of British women also thought to suffer from the condition it's time we broke the silence over lady snorers and gave them a helping hand to deal with the problem, which can cause a lot more harm than just keeping your partner awake. This is the message of a new campaign called Stop Ignoring Snoring aimed at liberating women from the stigma surrounding snoring, empowering them with information and facts on the condition and helping women, who may have been too embarrassed to deal with their snoring or perhaps didn't realise it was a real problem, deal with the issue.

Snoring might seem like a relatively harmless bad 'habit', but your partner may very well think otherwise, whether they say so or not, and new research, both scientific and social, is discovering it can be a very real issue. Research has uncovered that those who snore not only suffer from less restorative sleep, but also that certain serious health conditions are more commonly associated with snorers. Furthermore social studies have found that snoring is one of the most common reasons for couples arguing in the bedroom, often resulting in partners sleeping in the 'other' room and relationships and sex lives suffering as a result.

But whilst the reasons for trying to beat snoring are large and real it is often ignored by women, often too embarrassed to talk



about the problem in public. The new campaign however hopes to make it easy and accessible for women to learn about snoring, its causes and what can be done to help.

The campaign is based around an online site, where there is an expert on hand to anonymously answer your snoring questions, sleep related FAQs and downloadable fact sheets, discounts on various snoring remedies and a forum where you can talk to other lady snorers.

To find out more about visit the campaign website at stopsnoring.co.uk/stopignoringsnoring or join the Facebook campaign page at facebook.com/StopIgnoringTheSnoringForum

Obesity more of a problem for boys from poor backgrounds

NEW RESEARCH analysing 36 years data for children when they were aged five and six shows that obesity rates are now generally falling except in more deprived communities where obesity levels continue to climb.

And the problem appears to be more prevalent in boys from poorer backgrounds, according to the University of Aberdeen study published in Archives of Disease in Childhood.

Researchers examined height, weight and obesity trends of almost 195,000 five to six year olds born between 1970 and 2006. The height and weights had been routinely collected between 1975 and 2011 by school nurses from children whilst in their first year at primary schools in North-east Scotland.

The study set out to describe trends in height, weight, body mass index (BMI) and obesity for the population from 1975 to the present day and to explore differences in gender and socio-economic backgrounds. Findings include:

- While the prevalence of obesity is now dropping, it is still much higher than it was in the 1970s, and that prevalence is still rising in the poorest communities
- Obesity prevalence initially fell for birth years 1970-1977, when height was increasing
- Obesity rose between 1977 and 1998
- Obesity fell for those born between 1998 and 2006
- Obesity was initially highest in girls and most affluent communities, but became most prevalent among boys and least affluent communities

Dr Steve Turner, Senior Clinical Lecturer in Child Health at the University, said: "Our study examined trends in height, weight, body mass index, and obesity from 1975 to the present day and by looking at school rolls we know we have captured measurement from at least 80% of all five to six year old children from the Aberdeen City, Aberdeenshire and Moray areas of North-east Scotland.

"We found a fall in obesity rates among children born in the early 1970s – this was a time when height but not weight was increasing. Weight began to rise more quickly than height for children born between the late 1970s and 1998 and therefore obesity went up.

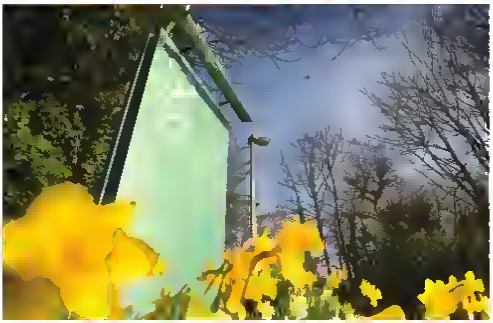
"While the fall in obesity for those born between 1998 and 2006 is welcome, obesity prevalence is still more than four times higher that it was a generation ago and obesity is continuing to rise among the less affluent communities."

The study did not set out to explain the reasons for changes in height, weight and obesity measurements, but researchers speculate that Aberdeen's oil boom of the 1970s may have played a part

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Fashion & Lifestyle

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Fashion 'Preview' event success!

TRENDSETTERS Stephen Lawrence opened their doors to excited individuals last weekend as they showcased this season's new collections at their successful Spring/Summer Fashion Preview event.

Eager customers browsed at leisure the delightful examples, all whilst enjoying a glass of delicious champagne.

Exclusive pieces from designers such as Joseph, Marc Cain, Muubaa, Sarah Pacini and Joseph Ribkoff furnished the chic interior displays, demonstrating in essence, the styles, colours and fabrics leading the way over the key months ahead.

Enchanted by the collections, customers had the chance to win a fantastic gift voucher worth £100 in the prize draw being offered by the popular Chichester store to attend with entries still being accepted, don't miss your chance to pop into the store and enter before the winner is drawn this Saturday.

Placing an emphasis on classic design, the in-store collection houses great examples of present trends, which include much-loved monochromes, flattering bold stripes, pretty floral dresses, delicate dots, classic leather and the popular safari palette which can be found adorning many wearable, everyday pieces currently.

With outfits offering solutions of just what can be worn from day to evening, and office to bar, there are many desirable looks achievable that the helpful Stephen Lawrence Ladies Wear staff are on hand to advise with.

If you were unable to get yourself along to the store last weekend to indulge in the Preview showcase but you would like the opportunity to receive helpful guidance and tips with what to wear and how, even with understanding just what items you should be investing in to guarantee a long lasting and cross season wear, then you are encouraged to pop in to see the ladies.

Appointments can be booked through contacting the store at info@stephenlawrenceclothing.co.uk or through telephoning them on 01243 784486.

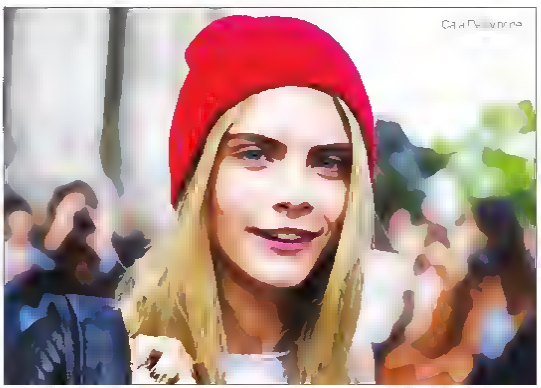
The contact number for Stephen Lawrence Ladies Seamstress Ali, featured in last weeks article, is 07771 916 715.





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Beanie sales increase after celeb wearers drive copycat purchases



SINCE supermodel of the moment Cara Delevingne has been pictured everywhere in an array of coloured beanies sales have risen 103% on eBay.co.uk. That coupled with Rita Ora, Katy Perry and even David Beckham making them this headwear of choice this trend sees no sign of abating.

Block is consistently the fashion favourite with Brits Jo Cara and Kate but once is having its moment again with a huge sales uplift of 225%. It seems savvy businesses are also riding the trend wave with an increase of 62% in listings of beanie hats during February alone.

Laura Wilkinson commented: "The beanie was also the accessory of choice to be seen sporting at Fashion Week, from New York to Paris, and not since Isabel Marant and the wedge trainer has a trend come around that is so comfy, practical and stylish. Mixing comfort and style especially in these arctic conditions, makes for a winning fashion trend with the Brits!

Clutching a trend: Handy bags make a comeback

THE HUMBLE evening clutch bag is set to be the biggest daytime trend of the spring/summer season, says retailer Debenhams.

Debenhams, which is market share leaders in handbags, has seen sales of oversized clutches soar by 86% versus this time last year, and are attributing this to the queen of handbag clutchers, Victoria Beckham.

Sparkly, beaded or edged in rubber or lace the traditional clutch bag was until now, reserved for nights out and days at the races or a wedding. However, clutch bags are now intended for use all day long and are bigger and bolder.

A bust of celebrities are already big fans of the trend – with Cameron Diaz, Kate Moss, Blake Lively, Rachel Zoe and Jessica Biel all spotted out and about looking stylish while sporting day clutches.

What's more, clutch bags are bigger than ever before – in making the move from night to day bag they have grown in size by more than 50%, with most ever-size clutches perfectly equipped to fit the essential tools of being a busy woman inside.

Says Debenhams Head of Accessories, Amanda Wain, "Until now the modest clutch was a bag that most women would only turn for occasions – just enough room for the essential phone, money, makeup and keys.

"The fundamental difference in the new day clutch is that it has gotten bigger. It needs to be big to fit our everyday lives within it, to make it see a serious day bag."

The oversized clutch is also a catwalk regular, seen at the shows of Burberry and House of Holland.

Clutches now come in an array of animal prints, hardened metal tones and even colour pops, meaning women can fit a fun clutch into their daytime wardrobe with ease.

Continues Amanda Wain, "It's a most savvy way to adapt your look for the new season without spending a fortune. It's also a really flattering look, and doesn't even have to mean losing one of your hands, as most clutches have over-body straps or chains which can be worn or removed."

Hand-held bags have grown up and gone big, bold and practical. There's room for an electronic tablet, a notebook, an array of makeup and a variety of child-friendly snacks for busy mums. Daytime clutches look effortlessly chic without a hint of glitter, or small frill in sight.

Tucked under your arm in true Mrs Beckham style, an oversized clutch is the easiest way to refresh your look and be hang on trend for spring.

Concludes Amanda Wain, "Women don't have to give up their favourite smaller clutch bags, which are perfect for parties and evening events. Sparkly, embellished small box clutches can still come out to play after dark!"

Horoscopes



Horoscopes from Kimi
15 March - 22 March 2013



Aries

That career change that you have been thinking about will have to wait a little while longer It appears that you may be tied in to your present career by a long contractual termination clause or simply by financial constraints Just build on the positivity that you are now being seen in and don t worry the change is coming in the not too distant future



Taurus

You are being asked to take a leap of faith this week and to trust another s instinct; this does not sit well with you Taurus You like to know exactly where you are headed This could however help with your emotional development but just don t part with too much cash. Educational projects are well favoured



Gemini

You are about to change your future in a big way but you still need to put in some work! You are very self aware and know your own foibles You know you are an all or nothing person This is sn* all* time II it a diet career change or relationship you are thinking about you need to put in maximum effort this week



Cancer

If you didn t take a reality check last week then you could be in for a bumpy ride this week You are rushing headlong in to a relationship over which you appear to have no control You will find your emotional feelings a little overwhelming and difficult to deal with. Hang on in there and you may reach a more romantically settled plateau



Leo

The future seems scary at the moment but it is the future it is not here yet. Stop worrying and get some sleep things have a way of unfolding without you trying to corral them into your timetable Time for you to relax and give your batteries a chance to recharge what harm can it do?



Virgo

When t said there may be a new romance on the cards I did not mean you to get carried away with some of your romantically whimsical ideas Your heart may be thumping but keep it well and truly in your chest. No time never, no let it on your sleeve Heed this advice and you are in for a good time



Libra

You may yourself feel a little under the weather and do not feel energized this week and your money matters may give cause for concern but don let lethargy and financial issues which can and should be dealt with hold you back Remember fortune favours the brave This is your time. These difficulties may be character building and actually give you valuable skills for the future



Scorpio

Friends and or family may be making demands this week Keep your cool and you will keep your relationships which is after all what you want. Things will get better on familial front by the end of the week And do stop worrying I know that is hard for you but do try That burning issue is in fact nothing more than a smoldering niggle.

Sagittarius

You need to keep a tight rein on your finances this week Check your bank balance, credit card statements and don't purchase that luxury item



you are thinking about without thinking about how it is to be paid for Don t lose faith in yourself your colleagues certainly have faith in you You are seen in a very positive light you are the golden one

Capricorn



Don t be shocked by the realization that things are much better than you though In fact you are far more influential that you think. You need to set a good example as friends and family will be following your lead Their appreciation of your talents will give your ego a well deserved boost

Aquarius

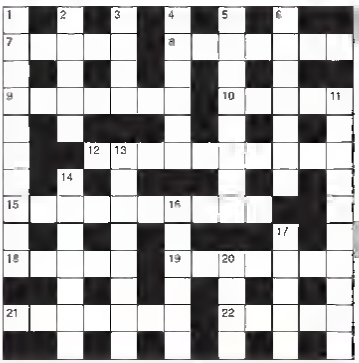


I know life has the awful habit of interfering with your plans Aquarius but that as they say is late Stop trying to control everything You may have to do some ground work on a project as a freebie but this should pay dividends later on Keep up the flirting

Pisces



Lectures seminars and workshops are on the agenda this week. You are extremely competent and hardworking and what's more you are prepared to listen and learn This pattern continues but this week is about mutual communication Your colleagues will learn as much from you as you do from them so no more self doubt please.



This week's crossword - Clues

Across

7 Band (5)
8. Truck (7)
9 Gratify (7)
10 Young eel (5)
12. Nobleman (10)
15 Trifle (10)
16 Tag (5)
18 The devil (7)
21 Restraint (7)
22 Fear (6)

Down

1 Western (10)
2. Rank (6)
3 In good health (4)
4 Accent (6)
5. Leading (6)
6. Bondage (7)
11 Degenerating (10)
13 Banter (6)
14 Disperse (7)
15 Small (6)
17 Guide (6)
20 Fashion (4)

Last week's solution

ACROSS 1 NEWSPAPER 6 OWN 9 IMPLICATION 11 FERMENT, 12 ERROR 13 ACCORD 15 STABLE 17 COMET 18 VISITOR 20 ALTER COURSE 22 SIN 23 STEVEDORE
DOWN 2 ELM 3 PRIZE 4 PLANTS 5 RAIMENT 6 CONTRIBUTOR 7 UNDERWEAR 10 PART COMPANY 11 FRANCHISE 14 ROTATES 16 AVERSE, 19 SLOPE 21 SIR


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Unneighbourly - only a third bother to introduce themselves when they move in



ONLY ONE in three Brits bothers introducing themselves to their neighbours when moving into a new home, it has been revealed

Researchers found a large percentage of us are 'too busy' to make ourselves known to those who live nearest to us - while others fear they will have nothing in common

It also emerged many of us treat our neighbours like 'caretakers' - calling on them only when we need something.

The study also found as many as one in five only know their neighbours because they play 'pass the parcel' - taking in packages for them whilst they are out.

Other common requests include taking bins out, keeping an eye on the house while you're away or watering plants

As many as one in four of the 3,000 adults who took part in the study said they were simply too busy to make friends, while 18% never see their neighbours to say 'hello'

The study also found only one in three people take the time to introduce themselves to their neighbours when they move in somewhere new

The research was commissioned by The Big Lunch - a Lottery funded initiative to encourage neighbours to share a few hours of food, friendship and fun on Sunday 2 June 2013

Sir Tim Smit (CORR), Co-Founder of The Big Lunch, said: "There was a time when everyone was very friendly with the people living next door.

"But as time has gone on, this seems to be becoming rarer, and it's a shame to see that there are many people who haven't got the time or are too nervous to get to know their neighbours.

"If you get to know your neighbours, not only does it create a happier, safer environment to live in, but you will probably find they are happy to help you out with your pets or water your plants when you go on holiday.

"You never know, you might even end up with a new best friend, simply from knocking on your neighbour's door to say hello."

The study found more than half of those surveyed don't know their neighbours, with one in four having no idea what their names are.

Key reasons for not befriending them include a lack of time or worries about getting on with them.

The study also found three quarters of people would like there to be more community spirit in their area.

As many as 52% of these said it would make their neighbourhood feel safer and 53% said they just wanted to make new friends.

It also emerged 36% of Brits don't think they would have anything in common with their neighbours.

However, over half of us who have knocked on a neighbour's door have sparked a relationship which has borne fruit in the shape of forming a new friendship, being helped out of a sticky situation - or even starting a new hobby.

Furthermore, the study found 46% admitted they want to get to know their neighbours better before asking them to keep an eye on their home, garden or pets when they go away.

20% need to live somewhere for a while before they feel ready to meet the rest of the neighbourhood - taking an average of seven months before saying hello for the first time.

And almost two thirds of Brits think they are more likely to get to know their neighbours if they are around the same age.

Another 72% also think you are most likely to have some kind of relationship with your neighbours if you both have children around the same age.

Over a third of people associate chatting across the garden fence with older generations despite the under 30s being cited as the most likely to talk to their neighbours.

Bringing generations together and giving the area a better reputation were other reasons for wanting more community spirit.

Author and behaviural expert Judi James, said: "It's staggering over half of us don't know our neighbours, especially when we live in an era of crowded isolation, where we are often communicating with people via a mailed text, at the same time as suffering feelings of loneliness.

"This research shows that the benefits of making bonds with our neighbours are practical in terms of heightened security and emotional.

"When we know our neighbours we can feel safer and happier. Our boundaries expand and our sense of loneliness and isolation shrinks.

"There's no need to feel you're taking a huge plunge when you start to get to know your neighbours. It's the ice breaker effect that is needed to convert strangers into possible friends or acquaintances."

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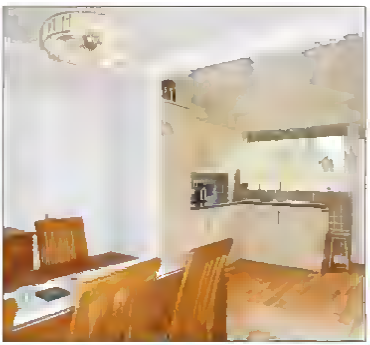
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LICENSING APPLICATION - LICENSING ACT 2003

Notice of applicatioo for the GRANT of a Premisee Licence

NOTICE IS HEREEY GIVEN that on applicatioo has been mode to the Licensing Authority of Chichester District Council for the GRANT of o Premises Licence uoder Sectioo 17 of the Licensing Act 2003

Details of the applicatioo

Name of Applicant: CHICHESTER FESTIVAL THEATRE

Postal address of premises MINERVA THEATRE, OAKLANDS PARK, CHICHESTER, WEST SUSSEX PO19 6AP

Brief descriptioo of applicatioo Sole by retail of alcohol provision of various forms of regulated entertainment and the provision of late night refreshment Monday to Sunday

A copy of the statutory register may be inspected during normal office hours at the address shown below

Any Responsible Authority or other person wishing to make representations on this matter must submit these representations in writing to the Licensing Manager, Licensing Team, Health Protection and Environmental Management, Chichester District Council, East Pallant House, East Pallant, Chichester, West Sussex, PO19 1TY or by email to licensing@chichester.gov.uk by no later than the 5th April 2013

Please note that it is an offence knowingly or recklessly to make a false statement in connection with an application and, on summary conviction for the offence, a person is liable to a fine not exceeding level five on the standard scale (currently £5,000)

LICENSING APPLICATION - LICENSING ACT 2003

NOTICE IS HEREBY GIVEN that an application has been made to the Licensing Authority of Chichester District Council for the grant of a Premises Licence under Section 17 of the Licensing Act 2003 for the limited period 10/06/2013 to 19/01/2014

Details of the application

Name of Applicant Chichester Festival Theatre

Postal address of premises Oaklands Park, Chichester PO19 6AP

Brief description of application

Provision of regulated entertainment Monday to Sunday

Supply of alcohol Monday to Sunday

For various hours

A copy of the statutory register may be inspected during normal office hours at the address shown below

Any Responsible Authority or other person wishing to make representations on this matter must submit those representations in writing to the Licensing Manager, Licensing Team, Health Protection and Environmental Management, Chichester District Council, East Pallant House, East Pallant, Chichester, West Sussex, PO19 1TY or by email to licensing@chichester.gov.uk by no later than the 4th April 2013

Please note that it is an offence knowingly or recklessly to make a false statement in connection with an application and, on summary conviction for the offence, a person is liable to a fine not exceeding level five on the standard scale (currently £5,000)

'Second-steppers' struggle to climb the property ladder thanks to a lack of first time buyers

NEARLY two thirds of homeowners wanted to move up the property ladder in 2012 but were unable to as they faced an increasing number of challenges including higher deposit requirements from mortgage lenders and a lack of demand from first time buyers, a report has suggested

Lloyds TSB said 61 per cent of second steppers – former first time buyers who now want to become first time sellers – felt they were unable to make the next move up the property ladder

The bank said more than a fifth (22 per cent) of homeowners believed it was actually harder to move up the property ladder than it was to get on it in the first place, whilst almost half (46 per cent) believed it was as difficult.

More homeowners are staying longer in their first home, according to the research, in a sign that market conditions may be changing expectations

In 2010, first time homeowners expected to spend four years in their property, where now they were more likely to plan to stay for an additional year

Meanwhile, selling property was as difficult in 2012 as it was in any of the previous 5 years with most first homeowners having already had their property on the market for seven months To make matters worse one in eight (12 per cent) admitted to having previously marketed their property without successfully selling it

Raising a deposit remains a real concern for homeowners with almost two thirds (65 per cent) saying the level of deposit required by mortgage lenders was the main challenge in arranging a mortgage, and the main reason they had not been able to move up the property ladder

One in six (16 per cent) said they had no money saved to put towards a deposit, around a third (28 per cent) said they did not have enough of a deposit saved, while one in 10 (11 per cent) said they needed more of a deposit than they originally expected

Worryingly two in five homeowners said they had lost some (27 per cent) or all (12 per cent) of the deposit they paid on their first property as house prices had fallen since they purchased their first home

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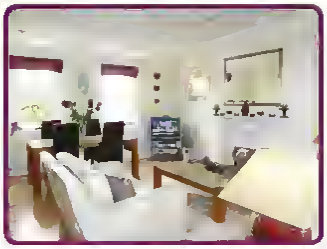
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ALDWICK **£219,950**

A stylishly presented two bedroom first floor apartment situated approx 400 yards from the beach The specification includes g.f.h., delightful dual aspect living rm fitted kitchen bathroom separate w.c/cloakroom, single garage with additional parking for several vehicles use of the landscaped communal gardens and storage area beneath the main building Residents of The Grange have access to a private beach via gate in nearby Waters Edge EPC rating is D





ALDWICK BAY ESTATE **£795,000**

An elegant Georgian style detached residence situated in the private thoroughfare of the Aldwick Bay private marine estate approx 150 yards from the private beach The property has been made the subject of a programme of refurbishment & remodelling in recent years. G.F.H. & new slate roof with enhanced insulation, modernised electrics including external power points to the front and rear. u.P.V.C. double glazing Thermalite cavity wall insulation entrance hall, 2 cloakrms, a 25' triple aspect lounge, a triple aspect garden rm. bright & spacious dual aspect kitchen/dining rm, separate utility rm, a study/office, a master bedrm with en suite shower rm, 3 further bedrooms, a bathrm, garage & good sized remodelled & renovated gardens with a new block paved drive & wrought iron gates EPC rating is D



ALDWICK **£575,000**

A superbly presented 'New England' style detached family house situated on a good sized plot less than half a mile from local shopping facilities and the beach The current owners have made the property the subject of a comprehensive programme of refurbishment and modernisation over the course of the last 3 years: G.F.H. u.P.V.C. double glazing replacement wiring, plumbing & sanitary ware etc., a cloakrm, a triple aspect lounge spacious kitchen/dining rm utility rm study/tv room an impressive master bedrm suite with vaulted dressing rm & luxury en suite bathrm, 3 further bedrms, family bathrm an integral garage & well maintained gardens to the front and rear EPC rating is E



ALDWICK **£485,000**

An attractive det family house situated approx 200 yards from the beach at Waters Edge G.F.H., u.P.V.C. d/glazing cloakrm lounge, spa dining rm sitting rm/study kitchen utility rm conservatory master bed with en suite shower rm 3 further bedrms, bathrm integral garage and good sized gardens including a South Easterly rear EPC rating is E



ALDWICK BAY ESTATE **£425,000**

A detached chalet style house on a corner plot in private marine estate within 500 yards of the private beach G.F.H. u.P.V.C. double glazing conservatory/entrance entrance hall dual aspect L shaped living room dining room ground floor bedroom/study kit/breakfast room ground floor shower room two good size first floor bedrooms and a second bathroom garage with carport a workshop/office and a West facing rear garden EPC rating is D



NYETIMBER **£275,000**

An extended and stylish semi-detached bungalow situated in a quiet cul-de sac. The property has been made the subject of a programme of extension and remodelling for the current owner G.F.H. u.P.V.C. d/glazing fascias & soffits lounge dining rm f.tted kitchen with breakfast rm, utility rm two double bedrms, shower rm large double length garage & delightful easily maintained hard landscaped gardens including a West facing rear EPC rating is C



ALDWICK **£149,950**

A one bedroom close care apartment in the grounds of the Royal Bay care home, purpose built to be 'elderly user friendly' with many safety features and the availability of any level of assistance from the care home, gas c.h., double glazed living room kitchen bedroom bathroom personal patio area. EPC rating C

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Volvo launches in-dash, voice activated music system with Spotify



VOLVO has launched an integrated, voice activated music system through a partnership with digital music service, Spotify. The solution is fully integrated into the dash through Volvo's Sensus Connected Touch.

Volvo's integration with Spotify is both voice activated and touch enabled. The new system allows drivers to be able to stream music with a 3G/4G dongle or via the driver's mobile phone connection through their dashboard. Drivers will be able to play any Spotify track they want just by just saying its name, allowing car owners the ability to remain connected when driving. Sensus Connected Touch turns the 7-inch display into a state-of-the-art infrared, beam-scanned touch screen you can use even when wearing gloves – a world first in cars.

The new technology responds to demand from drivers for consumption of music on the road, combined with Volvo's core safety value. It is easier and safer to use whilst driving, as drivers can access and operate the music system via the steering wheel and centre stack controls, without taking their eyes off the road or their hands off the steering wheel. As well as Spotify, the technology also includes access to thousands of radio stations from all over the world.

The system is based on Android technology which allows it to be regularly upgraded. Other apps accessible via Sensus Connected Touch include Google maps, TuneIn, iGO navigation and an app store for new functions and updates. Internet data can also be transferred via Wi-Fi between the mobile phone and Sensus Connected Touch and the Wi-Fi network can be shared with everyone in the car when using a dongle.

Sensus is the name Volvo uses for all its HMI (Human Machine Interface) functionality and Sensus Connected Touch is a dealer-fitted accessory. It goes on sale in May 2013 and can be fitted in all new Volvos (V40, V40 Cross Country, S60, V60, XC60, V70, XC70 and S80) as well as being retrofitted in applicable used cars from model year 2011. The announcement of this new generation technology comes just a day after Volvo revealed the new 60s, 70s and 80s models to the public at the 2013 Geneva Motor Show.

"The intuitive user interface, a very rapid browser response and the wide choice of around 20 functions and apps are benefits that make Sensus Connected Touch outstanding compared with our main competitors' solutions," says Håkan Hellman, Product Manager Infotainment and Connectivity at Volvo Car Group.

"The development of Sensus Connected Touch gained momentum late in 2011 when Volvo Car Group started entering a powerful hardware platform with first-class functional and graphical features and the capacity to handle future expansion."

The Sensus Connected Touch user has access to:

- Full Internet browsing (not available when driving). The open browser allows Java, HTML 5, animations and moving pictures/films
- Internet streaming of music including Spotify and Deezer
- Internet radio (TuneIn and Live Radio) with thousands of channels from all over the world
- Online (Google) map and search
- Embedded connected 3D navigation with online traffic info and dangerous zone warnings
- Free parking locator and weather information
- A number of native and web applications. Applications in the driver's mobile phone can be "mirrored" in the car's display when using the Parrot Smart Link App.
- Appstore for new functions & updates

A Volvo service locator that presents a list of nearby Volvo workshops and helps the driver to contact chosen one.

"Roadtrip is another great feature that can read out Wikipedia information about interesting points along the route via the audio system," adds Håkan Hellman.

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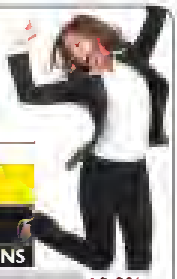


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Breakfast club up and running for 2013

AS IT gets into its eighth season, the Goodwood Breakfast Club for 2013 promises another tantalising mix of great vehicles and hearty Goodwood organic breakfast. Often copied, but never bettered, Goodwood's first Sunday of the month events remain the original and authentic Breakfast Club, with free admission to all visitors.

The Goodwood Breakfast Club is firmly established as a must attend event for thousands of car and motorcycle connoisseurs who appreciate an enjoyable Sunday morning drive through the quiet West Sussex country roads down to Goodwood, where they are able to meet like-minded enthusiasts, admire some fabulous machinery, and eat a tasty Goodwood organic breakfast, before heading back home in time for the Sunday roast, to do a bit of gardening and DIY, or simply put their feet up and watch the Grand Prix!

For the 2013 Breakfast Club season, Goodwood will offer a range of popular themes that cater for all enthusiasts and vehicle types. As in previous years, the Breakfast Club meetings will be held on the first Sunday of the month at the historic Goodwood Motor Circuit, with the exception of July and September, when the hugely successful Festival of Speed (11-14 July) and Goodwood Revival (13-15 September) motor sport events will be held.

The 2013 Breakfast Club meetings promise an eclectic mix of vehicles and a tempting breakfast menu to whet the appetite of any motoring enthusiast. Each meeting is themed to appeal to a strong petrolhead audience who owns an interesting and diverse selection of motor vehicles.

The first Sunday has already been held as 'Tax Free Sunday' (3 march) kicked off the campaign. Pre-1973 tax-free classics, plus modern eco-friendly vehicles with a nod to key anniversaries, including the Centenary of the Vauxhall 30/98, 60 years of the Corvette, 50 years of the Mini Cooper S and Lotus Cortina, etc all get the opening Sunday underway



2013 CALENDAR AND THEMES

SUSHI SUNDAY (7 APRIL 2013)
A celebration of Japanese cars, motorcycles and commercial vehicles

SOFT TOP SUNDAY (5 MAY 2013)
The best of top-down motoring in the Spring sunshine

SUPER CAR SUNDAY (2 JUNE 2013)
The ultimate high-performance machines – cars and bikes, with a nod to 50 years of McLaren and the Porsche 911

7 JULY 2013
Event not held due to the Festival of Speed.

THOROUGHBRED SUNDAY (4 AUGUST 2013)
Pre-1966 vehicles celebrating the golden era of Goodwood Motor Circuit, with a nod to 100 years of Aston Martin

1 SEPTEMBER 2013
Event not held due to the Goodwood Revival build up

ITALIAN SUNDAY (6 OCTOBER 2013)
Italy's finest cars and motorcycles with a nod to the 50th anniversary of the exciting Lamborghini marque

Let us know what you think
@chiherald

Golf

England squad visit Goodwood

TWENTY of England's most talented young amateur golfers attended a four day training programme at Goodwood recently under the supervision of the club's highly respected PGA professional Ryan Fenwick.

The England AASE squad (Advanced Apprenticeship in Sporting Excellence) is an educational program for 16-19 year olds who have the potential to achieve excellence in their chosen sport and aim to perform at the highest level as their main career goal.

Ryan, a regional EGU England and Sussex coach was joined by a golf fitness coach and physiotherapist who gave each player a physical screening and as a result created a tailored training programme for each golfer. The players also received the expertise of a Mind Coach learning how to deal with nerves under pressure and adversity when a round is not going to plan.

Ryan said: "The AASE golf programme is a two year elite athlete development initiative designed to support young, talented, male and female athletes in achieving their maximum potential in the sport and we were delighted to host them at Golf At Goodwood."

All players played on the award-winning championship Downs Course each day, with golf coaches observing play and offering advice on course management including shot selection, how to use a yardage book effectively, mapping greens, awkward lies & how to record effective stats.

James Lellett, who attended the coaching programme said: "Without places like Golf At Goodwood getting high quality pre-season training would not be possible. The tuition and skills learnt were fantastic and the squad really gelled over the four day course."

Golf At Goodwood's sporting excellence continues to go from strength to strength with the recent appointment of Ryan to the post of Sussex Girls Coach and a thriving junior membership of over 60 golfers in the Junior Academy.



TICKETS AVAILABLE!
Albion v Crystal Palace
Sunday 17th March, 12pm kick-off
Call the Albion ticketline now on 0844 327 1901
or purchase online by visiting www.seagulls.talent-sport.co.uk
Tickets also available at the Amex ticket office or from the club shop in Queens Road, Brighton



Sussex County Football League

DIVISION 1

Team	P	W	D	L	F	A	GD	PTS
REDHILL	29	19	5	5	70	32	38	62
RINGMER	33	18	6	9	65	48	17	60
PEACEHAVEN & TELS	27	17	8	2	73	22	51	59
FAGHAM	28	19	2	8	69	44	25	59
HASSOCKS	34	17	6	11	83	52	31	57
EAST PRESTON	25	16	7	2	71	25	46	55
EAST GRINSTEAD TOWN	31	16	5	10	82	50	32	53
RYE UNITED	25	15	5	5	72	36	36	50
LANCING	29	13	6	10	69	49	20	45
LINGFIELD	28	14	3	11	63	61	2	45
ST FRANCIS RANGERS	29	13	5	11	53	50	3	44
HAILSHAM TOWN	27	13	1	13	55	56	-1	40
HORSHAM YMCA	28	12	2	14	68	56	12	38
ARUNDEL	29	11	5	13	43	57	-14	38
CROWBOROUGH ATHLETIC	31	12	2	17	53	79	-26	38
SELSEY	30	10	7	13	41	51	-10	37
DORKING WANDERERS	32	7	9	16	44	67	-23	30
SIDLEY UNITED	28	7	7	14	43	61	-18	28
SHOREHAM	29	8	3	18	44	79	-35	27
CHICHESTER CITY	31	7	4	20	46	84	-38	25
AFC UCKFIELD	23	3	3	23	34	102	-68	12
WORTHING UNITED	28	1	5	23	31	111	-80	8

DIVISION 2

Team	P	W	D	L	F	A	GD	PTS
NEWHAVEN	25	16	4	4	70	40	30	52
LITTLEHAMPTON TOWN	22	17	4	1	65	14	51	55
EASTBOURNE UNITED AFC	25	15	4	6	74	42	32	49
BROADBRIDGE HEATH	25	14	4	7	63	41	22	46
LITTLE COMMON	24	14	3	7	69	28	40	45
MIDHURST & EASEBOURNE	24	12	7	5	64	45	19	43
BEXHILL UNITED	25	10	8	7	53	51	2	38
WESTFIELD	24	10	7	7	47	36	11	37
LOXWOOD	24	10	6	8	44	38	6	36
STORRINGTON	27	9	5	13	38	56	-18	32
STEYNING TOWN	24	8	6	10	48	46	2	30
MILE OAK	24	7	8	9	42	41	1	29
SEAFORD TOWN	23	7	5	11	32	43	-11	26
SOUTHWICK	24	7	3	14	44	54	-10	24
WICK	23	7	3	13	35	54	-19	24
RUSTINGTON	24	5	5	14	39	60	-21	20
OAKWOOD	23	4	5	14	37	65	-28	17
SALTDEAN UNITED	25	0	1	24	25	134	-109	1

DIVISION 3

Team	P	W	D	L	F	A	GD	PTS
SIDLESHAM	14	11	2	1	52	19	33	35
BARNHAM	27	10	2	5	53	24	29	32
HAYWARDS HEATH TOWN	12	9	2	1	35	9	26	29
BILLINGSHURST	11	8	1	2	30	15	15	25
CLYMPING	15	7	2	6	28	23	5	23
ROFFEY	14	5	3	6	28	28	0	18
UCKFIELD TOWN	14	5	3	6	27	28	-1	18
FERRING	15	6	3	6	29	39	-10	18
IFIELD	13	4	2	7	26	34	-8	14
HURSTPIERPOINT	15	4	2	9	17	27	-10	14
ROTTINGDEAN VILLAGE	16	3	1	12	21	59	-38	10
TD SHIPLEY	14	1	1	12	9	51	-42	4

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